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**RISK FACTORS FOR ALCOHOL ABUSE AMONG STUDENT-ATHLETES AT
NAGONGERA CAMPUS, BUSITEMA UNIVERSITY**

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BU/UP/2020/0645

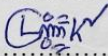
**A RESEARCH REPORT SUBMITTED TO THE FACULTY OF SCIENCE AND
EDUCATION IN A PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE
AWARD OF THE BACHELORS DEGREE OF BUSITEMA UNIVERSITY**

NOVEMBER 2023

DECLARATION

I declare that this report is my original work and it has never been presented for any award to Busitema University or any other institution of higher learning

Signature Date

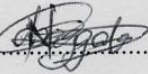


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APPROVAL

This research report has been produced under my close supervision and I, therefore, recommend the student submit it.

Signature.......... Date.....25/01/2024.....

Supervisor name: Ms.Nabaggala Elyvania

DEDICATION

I dedicate this report to my beloved parents Mr. Chesang Stanely and Ms. Chelangat Lydia who have worked tireless towards my study success

ACKNOWLEDGMENT

First, I would like to thank God the Almighty for giving me wisdom and keeping me healthy.

I am sincere gratitude to my supervisor Mr. Sanya and Ms Nabaggala Elyvania for his tireless and valuable guidance, patience, advice, and constructive criticism throughout this study. May God continue blessing you with the gift of sharing knowledge with those willing to open up their minds and receive.

I also acknowledge my Head of department Dr Hokello Joseph. for his effort in ensuring that I successfully complete my course.

TABLE OF CONTENTS

DECLARATION	i
APPROVAL	Error! Bookmark not defined.
DEDICATION	iii
ACKNOWLEDGMENT	iv
TABLE OF CONTENTS.....	v
LIST OF TABLES	vii
LIST OF FIGURES	viii
ABBREVIATIONS	ix
ABSTRACT.....	x
CHAPTER ONE	1
INTRODUCTION.....	1
1.1 Background of the study	1
1.2 problem statement	2
1.3 Purpose of the study	3
1.4 Objectives of the study	3
1.5 Research questions	3
1.6 Scope of the study.....	4
CHAPTER TWO	6
LITERATURE REVIEW	6
2.1 Introduction	6
2.3 Reasons for alcohol consumption among student athletes	7
2.3 consequence of alcohol abuse on student athletes	10
METHODOLOGY	16

3.0 Introduction	16
3.1 Study design and rationale	16
3.2 Study setting and rational	16
3.5 Definition of Variables	17
3.6 Research Instruments	17
3.7 Data Collection Procedure	18
3.8 Ethical Considerations.....	18
3.9 Limitation of the study.....	18
CHAPTER FOUR	19
DATA PRESENTATION ANALYSIS AND INTERPRETATION	19
4.0 INTRODUCTION	19
4.1 DEMOGRAPHIC CHARACTERISTICS	19
4.2 PREVALENCE OF ALCOHOL ABUSE AMONG STUDENT ATHLETES.....	20
4.3 REASONS WHY STUDENT ATHLETES CONSUME ALCOHOL.....	22
4.4 CONSEQUENCE OF ALCOHOL ABUSE ON STUDENT ATHLETES.....	24
CHAPTER FIVE	27
DISCUSSION OF STUDY FINDINGS, CONCLUSIIONS AND RECOMMENDATIONS	27
5.0 Introduction	27
5.1. DISCUSSION OF RESULTS	27
5.2. CONCLUSION.....	31
5.3. RECOMMENDATIONS.....	31
REFERENCES.....	32
APPENDICES	38
Appendix I: Questionnaire	38
PART A: Demographic characteristics	38

PART B: Prevalence of alcohol abuse among student athletes in Nagongera Campus, BusitemaUniversity.	39
PART C: Reasons for alcohol consumption among student athletes.....	39
PART D: Consequence of alcohol abuse on student athletes.	40
Appendix II: Consent Form.....	41

LIST OF TABLES

Table 1: shows gender, age and academic year of the respondents.....	19
Table 2 Shows the demographic characteristics of the response and whether they consume alcohol or not.....	20

LIST OF FIGURES

Figure 1: show the percentage proportion of student athletes who consume alcohol	Error!
Bookmark not defined.	
Figure 2. Shows the <i>number of student athletes and the number of drinks they drink in a day</i>	Error! Bookmark not defined.
Figure 3 shows the ratio of student athletes who drink more than 5 drinks to those who drink less than 5 par day.....	22
Figure 4 show the percentage of male respondents at their year of study who drink alcohol	Error! Bookmark not defined.
Figure 5 shows the male respondents in relation to female respondents who drink alcohol	22
Figure 6 shows the proportion of respondents who have a reason for alcohol consumption	22
Figure 7. Showing reasons why student athletes consume alcohol	23

*Figure 8 shows the number of student athletes who accept that alcohol abuse.***Error! Bookmark not defined.**

Figure 9 shows consequences of alcohol abuse on student athletes 24

ABBREVIATIONS

NCAA: National Collegiate Athletic Association

NIAAA: National Institute of Alcohol Abuse and Alcoholism

CNS: Central Nervous System

ARUI: Alcohol Related Unintentional Injury

ACSM: American College of Sports Medicine

MoH: Ministry of Health

UK: United Kingdom

ABSTRACT

The purpose of this study was to find out the risk factors of alcohol abuse among University-student-athletes in Nagongera Campus. The probing questions were levels of alcohol use, reasons and consequences of its abuse among the student athletes in the University. Data was collected using questionnaires from 30 subjects made up of 23 (76.67%) male and 7 (23 %) female student athletes. The data was analyzed using Microsoft excel and later presented in form of pie charts and bar graphs. Findings indicated that 73% compared to 27% of the student athletes consume alcohol with male student athletes abusing it in comparison to their female counterparts. Student athletes consume alcohol mainly for boredom (25; 83.33%), to overcome

shyness (24; 80.00%), and overcome stress (24; 80.00%). The consequences of alcohol consumption. Future studies should be conducted with high school and elite athletes.

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter deals with study background, problem statement, research questions, justification and scope of the study, and conceptual framework.

1.1 Background of the study.

Alcohol consumption among university student athletes is a global health issue attracting attention from different stakeholders. The university environment considerably enhances students' susceptibility to alcohol misuse and consumption due to a number of variables. They stay far away from their parents when they enroll in the University, which places limits on them (White et al., 2020). Because adults are seeing how they make decisions, adolescents struggle to maintain control of their lifestyle (Hay, 2001). Alcohol consumption can emerge as a result of this newly discovered independence, perception of invulnerability, and intense drive for exploration (O'Malley & Valverde, 2004). Additionally, due to the increased stress brought on by their duties to their academic and social lives, researchers have found that university students are among those who are most at risk for binge drinking (Pedersen, 2013).

Despite the general perception that athletes are more health-conscious than their non-athlete counterparts (Crocker, 2019), studies indicate that student athletes also abuse alcohol (Doumas & Mastroleo, 2021). An observation made showed that there is a discrepancy between drinking alcohol and the physical demands of participating in sports (García-Fernández et al., 2019). According to Ramsden et al., drinking alcohol is frequently associated with sports among students and is a crucial part of post-game festivities. (Ramsden et al., 2021). Other factors that contribute to student athletes abusing alcohol include constant exposure to and elevated status on campus, high levels of stress and anxiety, challenges managing athletics and academics, adjusting to social change, trying to gain an advantage in sports, and coping with difficulties both on and off the field. (Harris, 2021; Lund 2019; Sutcliffe & Greenberger2020; Holligan et al., 2019; Savitsky, 2020). According to Zale et al., 2022, men on college tend to drink more frequently, in larger amounts, and with more alcohol-related issues than women (Zale et al., 2022).

Alcohol usage among athletes reduces inhibitions, boosts self-confidence, helps players deal with performance anxiety, and lessens pain sensitivity, making some injuries more tolerable (Shapiro, 2019). The most popular and well-known application of alcohol in sports is to ease tremors in the hands and reduce nervousness (Malvo, 2018).

A study by Rintaugu et al. on student athletes at Kenyan colleges found compelling evidence that they drink to deal with their shyness, tension, and anxiety (Rintaugu et al., 2012). Additionally, students acknowledged that the first year of University is challenging and may be marked by emotional problems including anger, homesickness, and loneliness. This could lead to risky behaviors like substance misuse (Martin et al., 1999). By the time they are in their final year of high school, the majority of student-athletes are well-known figures on their campuses. As a result, they have over time gain morale from their peers, educators, and the entire community (Hyatt, 2003). However, they must start over academically, socially, and even on the sports team once they enroll in University First level student athletes may consume alcohol because of the newly found freedom away from parental and teacher control (Rintaugu et al., 2012).

According to Emyedu et al., majority of student in Makerere University consume alcohol. Studies revealed that 5.6% of the sampled students reported to be using alcohol with over 60, 2% men consuming alcohol compared to 50.2% being women (Emyedu et al., 2017). Peer pressure, coping with stressful situations, celebration and the need for adventure are some of the reasons for alcohol consumption high lightened. The study further revealed that students are aware of the dangers of alcohol consumption like liver disease, violence, mental illness, cancer, diabetes mellitus, financial loss and death. Despite the vast knowledge about the dangers of alcohol consumption, some students were reluctant to stop consuming alcohol (Emyedu et al., 2017).

1.2 problem statement

Alcohol and substance abuse among youth aged 15 – 35 years remains an important public health problem which continues to affect youth worldwide that requires immediate address (Kasirye, 2010). Alcoholism among student athletes has many short-term and long-term health effects on the individual as well as the community at large as it has been associated with dependence syndromes as well as behavioral, cognitive and physiological challenges (Kasirye, 2010).

Despite the efforts of Ministry of Health (MoH) and concerned programs like the Young Empowered and Healthy (Y.E.A.H) which sensitizes youth on the dangers of alcoholism, student athletes are still involved in these practices. In Nagongera Campus, student athletes are seen drinking alcohol throughout the day and night. This has led to increased levels of crime, petty theft, school drop outs, early pregnancy, and mental illness, poor interpersonal relationship development among many other negative and dangerous effects (Ernest Hemingway). Although studies have been carried out in other areas of Uganda about the problem of alcohol abuse among the youth, no known study has been carried out on student- athletes in Nagongera Campus. Thus a need to carry out this study to identify these risk factors associated with alcohol abuse.

1.3 Purpose

The purpose of this study was to identify the risk factors for alcohol abuse among student athletes in Nagongera Campus

1.4 Objectives

The study was guided by the following objectives.

- 1) To find out prevalence of alcohol abuse among student athletes in Nagongera Campus
- 2) To identify common reasons for the prevalence alcohol abuse among student athletes in Nagongera Campus
- 3) To identify the consequences of alcohol consumption among student athletes in Nagongera Campus

1.5 Research questions

The study provided answers to the following research questions.

- 1) What is the prevalence of alcohol abuse among student -athletes in Nagongera Campus?
- 2) What are the reasons for the prevalence of alcohol abuse among student -athletes in Nagongera Campus?
- 3) What are the consequences of alcohol abuse on a student- athlete?

1.6 Scope

1.6.1 Geographical scope.

This study was carried out in Nagongera Campus, Busitema University

1.6.2 Subject scope

The study investigated why athletes consume alcohol, To identify common reasons for the prevalence alcohol abuse among student athletes in Nagongera Campus and What are the consequences of alcohol abuse on a student- athlete.

1.6.3 Time scope

The study was carried out for a period between November and December 2023,therefore the study was carried for a period of two month.

1.7 Significance of the study

This study identified the factors contributing to alcohol abuse among student-athletes in Busitema University in order to scale up sensitization and health education programs for student athletes and students about the dangers of alcohol abuse.

This would assist the Ministry of Education and Sports, Ministry of Health Planners and Policy makers to identify the potential areas which still require policy improvements as well as the development of national sensitization programs targeting the athletes and youth about the prevention of alcohol abuse.

The study would be used by students of Nagongera Campus as they would be beneficiaries of improved and more appropriate sensitization and health education as well as improved effort about the prevention of alcohol abuse among the student athletes.

The study also provided a valuable point of reference for researchers carrying out similar studies in future and will also contribute to the available literature on the factors contributing to alcohol abuse among student-athletes.

1.8 Conceptual framework

Self-concept theory was used as a theoretical basis to investigate the utility of social norms alcohol prevention programs for University athletes. The predictive relationship among alcohol

use and athletic identity, competitiveness, drinking game participation, and level of sport participation was investigated. Drinking game participation was found to be a significant predictor of total weekly alcohol use above and beyond the other predictors. In addition, organized recreational sport participation was a significant predictor of total binge-drinking episodes. It was demonstrated that individuals not currently participating in sports with an athletic identity in the same range as current athletes consumed alcohol at similar rates to current athletes, thus supporting athletic identity as an alternative way of classifying athlete status when studying alcohol consumption patterns (Jacob, 2015).

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter presents the literature review cited by other scholars about the risky factors of alcohol abuse among student athletes. The literature is presented according to the study objectives and it commences to find out the prevalence of alcohol abuse among the student athletes in Nagongera Campus.

2.2 Prevalence of alcohol use among student athletes

According to Watson (2002), maintaining a balance between academics and athletics is stressful and puts a lot of strain on college student athletes. The vast majority of college students use alcohol, many of whom are under the legal drinking age. Their practice of binge drinking contributes to several issues on University campuses, including fights and drunk driving accidents. According to Wechsler et al. (2002), University students in general were more likely to be problematic drinkers than non-University students, and student-athletes were more likely to be occasional and frequent binge drinkers than non-athletes (Wechsler et al., 2001).

According to (Schwenk, 2000), alcohol consumption among young athletes is rather common, but the issue is complicated. Compared to their non-athlete peers, young athletes are more prone to abuse alcohol and experience behavioral and psychological issues as a result of their drinking (Xanthopoulos, 2020). Tewksbury et al. (2008) discovered that in four Southern Universities, athletes who participated in sports consumed alcohol more frequently and in larger amounts than non-athlete peers (Tewksbury et al., 2008). Surprisingly, both boys and females showed the same tendency. Athletes have higher alcohol consumption patterns than non-athletes, according to Brenner and Swanik (2007). Male student athletes were at a greater risk of abusing performance-enhancing drugs and binge drinking. Both male and female student athletes showed significant differences in their substance usage during the school year compared to the off-season (Yusko et al., 2008).

In their study of 249 college freshman, Doumas et al. (2006) discovered that binge drinking was surprisingly common among students and even more so among athletes. They discovered that college athletes consumed an average of 5.07 drinks over the course of a weekend, compared to 4.19 for former high school athletes and 3.5 for non-athletes (Doumas et al., 2006). Gill (2002). Reviewing 25 years of research on alcohol use and binge drinking among United Kingdom (UK) undergraduate students revealed that both male and female students significantly exceed the weekly alcohol recommendations (14 units for women and 20 for men) (Gill, 2002).

Compared to the projected rates of 82% to 85% for the general population, athletes had an annual prevalence rate of substance use of about 90%. (Leichliter et al., 1998). According to Brennar and Swanik's research from 2007, NCAA Division I athletes were more likely to engage in risky or problematic drinking (78%) than NCAA Division II athletes (76%) or NCAA Division III athletes (67.5%) over the course of a 12-month period (Brenner & Swanik, 2007). Out of the 435 students at Makerere University who were sampled, 236 (54.3%) were men and 199 (45.7%) were women, according to Emyedu et al. The majority of the students 242 (55.6%) were drinking, whereas 49 (11.3%) had stopped and 144 (33.1%) had never done so. In comparison to women, more men (60.2% vs. 50.2%, respectively) drank alcohol (Emyedu et al., 2017). Studies revealed that over 50% of Kenyan athletes binge drink (consume more than 5 beers at a time) (Elijah et al., 2012).

2.3 Reasons for alcohol consumption among student athletes

The National Institute of Alcohol Abuse and Alcoholism (NIAAA) has recognized athletes as an at-risk college sub-population (Williams et al., 2008). The Social Ecology Model, a health behavior model used by the NIAAA, contends that various levels of influence intrapersonal, interpersonal, and organizational, community, and policy have an impact on behavior (Hayden, 2014). In a study by Williams et al., the Social Ecology Model of health behaviors was used to assess the effects of collegiate athlete alcohol consumption (Williams et al., 2008). University athletes' alcohol intake was especially examined using the Social Ecology Model for College Athletes' Alcohol Use (SEMCAAU) (Williams et al., 2008). The athlete's view and ideas about the effects of alcohol on health are examples of intrapersonal impacts. The athlete's impression of teammates' drinking habits and team norms are examples of interpersonal influences. The policies and perspectives of coaches about alcohol usage are organizational factors. The athlete's

view of alcohol usage among other students is one of the community's influencing factors. The policies of the university and athletic department on alcohol consumption round out the policy influences (Williams et al., 2008)

According to ecological models ((Williams et al., 2008), (Hayden, 2014)), individual levels of influence (interpersonal and intrapersonal) may have a greater degree of influence than environmental levels (organizational, community, and policy). This notion is supported by the fact that, regardless of the participant's category, interpersonal and intrapersonal factors had the greatest impact on drinking among collegiate athletes ((Williams et al., 2008)). Athletes' decisions to drink, as well as the amount and frequency of their alcohol intake, are influenced by their own attitudes and beliefs, as well as how they perceive the attitudes of their teammates (Williams et al., 2008). Although head coaches and the university's athletic department have additional alcohol rules for University players, alcohol consumption has not been affected by these policy concerns (Williams et al., 2008).

The Social Ecology Model, when used as a framework for alcohol use among University athletes, allows health educators, athletic departments and coaches to address influencing factors and potentially decrease alcohol use within this population (Williams et al., 2008)

Numerous research have looked at interpersonal influences on alcohol usage among student-athletes. When teammates embrace or practice the same behavior, athletes are more likely to do the same (Milroy et al., 2014) According to research, intercollegiate athletic organizations are peer-intensive and exclusive, which puts pressure on student-athletes to conform to established team norms (Milroy et al., 2014). Athletes' ideas are influenced by their teammates since their self-concept is so deeply entwined with their participation on a sporting team. Studies have revealed that there is a "drive for social approbation and the need to perform properly" and that "social identity is positively connected with conformity" (Milroy et al., 2014). There are some psychological and developmental advantages to having a strong team identity. Strong team identification provides some psychological and developmental advantages. These results, however, imply that a team-oriented athlete may experience pressure to engage in dangerous behaviors, such as alcohol usage (Milroy et al., 2014)

Due to athletes' commitment to societal standards, risky behaviors, notably alcohol consumption, coexist alongside athletics (Milroy et al., 2014). Since most student-athletes are still developing,

they are more susceptible to peer or teammate influence. Even if social benefits are linked to risky conduct, the brain is more receptive to them during late adolescence (18 to 22 years of age) (Milroy et al., 2014). When athletes conform, they change their own attitudes and behaviors to match those of certain teammates or the team as a whole (Milroy et al., 2014). Due to the importance of conformity and social acceptance in athletic teams, interpersonal effects may even override intrapersonal influences regarding alcohol consumption.

Although they have received less attention than interpersonal impacts, intrapersonal factors have a significant impact on how athletes behave and how they interact with alcohol. Pitts et al. found a significant correlation between student athletes' alcohol usage and personal motives for drinking, such as coping and enhancement (Pitts et al., 2019). A common stressor for athletes is alcohol, which can be utilized as a coping method for stress (Pitts et al., 2019). This implies that when sportsmen consume alcohol for personal reasons, they do so to escape from stressful situations or to experience a happy state of improvement (Pitts et al., 2019). The amount and frequency of alcohol use by student-athletes can be predicted using these individual factors as well as the individual reasons (Pitts et al., 2019).

The self-concept hypothesis (Jones, 2015). The idea of who a person thinks they are and the idea of who they would like to be was the focus of Jones et al study to elaborate on individual and intrapersonal causes for drinking. Specific aspects of one's self-identity and self-schema were examined by these researchers in relation to one's weekly alcohol intake and binge drinking (Jones, 2015). The self-concept theory puts out the hypothesis that self-identities have an impact on conduct. "The extent to which an individual identifies with the athlete role," is how athletic identity is defined (Jones, 2015). The degree to which a person identifies with the social role of an athlete is how athletic identity is determined rather by their engagement in sports. According to the hypothesis, if a person has a strong sense of athletic identity, their alcohol use should reflect what they perceive to be appropriate athlete drinking behavior (Jones, 2015).

Self-schemas are typically examined in terms of personality characteristics. These personality characteristics can be utilized to comprehend someone or the setting they chose (Jones, 2015). A psychological trait or self-schema known as competitiveness is linked to involvement in sports. In order to increase athletic performance, sport psychologists and coaches typically try to instill this attribute (Jones, 2015). According to Jones (2015), athletes are typically more competitive

than non-athletes, and this competitiveness encourages binge drinking and drinking games (Jones, 2015). Drinking game participation significantly predicts excessive alcohol consumption, and college athletes play more drinking games than non-college athletes (Jones, 2015). Additionally, the most intense competitors will consume the most alcohol within one drinking session.

Both interpersonal and intrapersonal influential factors differ between male and female athletes, Black and White athletes, and athletes within different NCAA divisions (I, II, and III) (Milroy et al., 2014). Milroy et al., determined the most important reasons for drinking *and* for not drinking within these subgroups (Milroy et al., 2014). The main motivator for drinking was social reasons for celebration for both men and women. Males ranked not being of legal drinking age as their top reason for abstaining from alcohol, while girls ranked the impact on sports performance as their top excuse (Milroy et al., 2014). Both Black and White student-athletes regarded the impact on athletic performance as an essential factor in their decision to abstain from alcohol, but considerably more White individuals did so than Black participants did (Milroy et al., 2014). This may indicate that White student athletes worry more than Black student athletes about the detrimental effects of alcohol on their athletic performance (Milroy et al., 2014). In all three NCAA divisions, drinking to celebrate was the main justification for alcohol consumption (Milroy et al., 2014). There were few notable variations for grounds of non-use of alcohol between the three divisions, in contrast to comparisons between male and female individuals and between Black and White participants (Milroy et al., 2014). According to the survey, there are many legitimate reasons why people choose not to drink. Intervention programs could incorporate both interpersonal and intrapersonal factors into their design to increase their efficacy with this demographic.

2.3 consequence of alcohol abuse on student athletes

For the general population, alcohol has negative physiological and psychological effects. Athletes are not exempt from these negative effects; acute and chronic alcohol consumption may adversely affect athletic performance (Barnes, 2014). Barnes (2014) found that, the effects of alcohol are dependent on amount of alcohol consumed, timing of consumption, nutritional status and rates of recovery. Negative effects on performance are less likely to occur if alcohol is

consumed acutely or in low doses, however the consumption of even low doses of alcohol before or after exercise should be discouraged (Barnes, 2014).

Acute alcohol consumption may impair muscular work capacity, impair temperature regulation, and increase the onset of fatigue during high intensity exercise (Suter & Schutz, 2008). Alcohol also influences energy sources used during exercise and the metabolism of fat and carbohydrates (Gutgesell & Canterbury, 1999). These two macronutrients, used for energy, will partially be displaced due to alcohol availability. Alcohol consumption also lowers muscle glycogen at rest, decreasing leg-muscle glucose uptake ((Suter & Schutz, 2008); (Gutgesell & Canterbury, 1999)). These effects decrease the chance for optimal performance during a bout of exercise, especially aerobic or endurance exercise (Barnes, 2014). Neurocognitive function is also impaired when alcohol is consumed. The depressant effect of alcohol slows the ability of the central nervous system (CNS). The ability of the CNS to process information slows down, in terms of long-term and short-term function (Dziedzicki et al., 2013). Poor CNS efficiency may result in poor decision making and potential injuries. Athletics require learned movements that depend on neuromuscular patterns and psychomotor skills (Gutgesell & Canterbury, 1999). Accuracy and balance, reaction time, and coordination are examples of skills that may be negatively affected by alcohol ((Suter & Schutz, 2008); (Gutgesell & Canterbury, 1999)). The degree to which these skills and physiological factors are altered is dependent on the amount and types of alcohol consumed, dosage and frequency, endogenous factors such as differences in tolerance, and exogenous factors (mainly environmental)

Chronic and excessive alcohol use has a greater effect on muscular work capacity, temperature regulation, onset of fatigue, and CNS efficiency than acute alcohol consumption. This use may also lead to more severe problems including cardiac dysfunction such as cardiac arrhythmias or an increased risk of cardiovascular disease. Chronic alcohol use, like acute alcohol use decreases the chance for optimal performance, but also increases health risks (Gutgesell & Canterbury, 1999).

Alcohol hangover is a consequence of the diuretic properties of alcohol. Consuming excessive amounts of alcohol can create hypo hydration (Dziedzicki et al., 2013), the uncompensated loss of body water. In this state, water that is available in the body is shunted to critical organs, limiting muscle performance. Proper hydration is a major component of endurance exercise

((Dziedzicki et al., 2013); (Gutgesell & Canterbury , 1999)). Brenner et al. found that 36% of athletes reported going to a sport practice or contest with a hangover. This potentially exposes collegiate athletes to reduced physical performance and possible injury during participation (Brenner et al., 2014).

The physiological ability to recover from an injury, regardless of severity, can decrease if alcohol is consumed after a game or event during which the injury occurred (Barnes, 2014). The diuretic and anti-inflammatory effects of alcohol consumption may increase injury recovery time. Both chronic and acute alcohol consumption interferes with the inflammatory response, which is a vital part of recovery (Parisi et al., 2019). Recovery from injury also requires proper carbohydrate and protein intake and protein synthesis. Alcohol consumption displaces carbohydrates and proteins and impedes glycogen synthesis and storage, decreasing the rates of recovery ((Parisi et al., 2019); (Barnes, 2014)).

Alcohol use not only increases injury recovery time, but it also increases the chance for an alcohol related unintentional injury (ARUI) (Howell et al., 2015). An ARUI is an avoidable injury that directly effects athletic performances, collegiate careers, and potential professional opportunities. Because student-athletes are more likely to drink than their non-athlete peers, they have a greater risk for ARUI compared with their non-athlete peers (Barnes, 2014). Head athletic trainers have identified alcohol use after an athletic event as a major concern for the health and safety of student-athletes. In 2012 the NCAA found that 15.3% of student-athletes reported being injured at least once during the last year due to alcohol or other substances (Howell et al., 2015).

Brenner et al. 2014 studied the prevalence, factors, and consequences associated with ARUIs among collegiate athletes. The study included a survey that was administered to 1444 collegiate athletes at 8 universities. 2 universities were NCAA Division I (n = 239 athletes), 3 were NCAA Division II (n = 886 athletes), and 3 were NCAA Division III (n = 296 athletes) (Brenner et al., 2014). The self-report survey measured collegiate athletes' experience with ARUI. Athletes were asked the number of ARUI incidents they experienced in their lifetime, and descriptions of each ARUI experienced. Descriptors included season when ARUI occurred, injured body part, type, severity, personnel treating the ARUI, location of alcohol consumption and type including the number of alcoholic drinks consumed immediately prior to the ARUI (Brenner et al., 2014). Collegiate athletes' attitudes toward ARUI were also assessed. Participants were asked if they

believed ARUI was a serious issue and whether ARUIs had any impact on their own and the team's athletic performance. Results showed that, overall, 17.7% of participants (n = 252) reported having experienced an ARUI. Participants were most likely to have an ARUI during their first year in college (38.5%), or their second year in college (23.4%) 10. Roughly half of the reported injuries occurred during the off season (53.2%), and 30.6% occurred in-season. ARUIs were most likely to occur in the ankle (26.6%), hand (26.2%), or head (25.4%), with the top two injury types being contusions (44%) and lacerations (31.3%). 56% of the ARUIs were described as mild and 8.7% were described as severe, while 16.3% were treated in an emergency department or hospital. 61.5% reported being at a "house party" immediately before the injury, and 32.1% had at least five drinks with only 17% of ARUIs occurring after less than five drinks 10. 37.7% of participants agreed that ARUI is a serious problem in college athletes. 30% agreed that their college or university should be more involved in administration of policies for dealing with athletes The study by Brenner et al. reports a higher percentage of ARUIs than previously reported by the NCAA. Because ARUIs reportedly occur both in-season and off season, prevention and intervention efforts should be available throughout the entire academic year. Many athletes that participated in this study agreed that ARUIs are a serious problem and they were concerned about the effect they have on performance. This concern, and the rates of ARUIs, presents an opportunity for coaches and athletic trainers to implement effective intervention (Brenner et al., 2014). Athletes may be more likely to consider changing their alcohol use if ARUIs significantly decrease their athletic performance.

Acute and chronic alcohol consumption does not improve athletic performance (Gutgesell & Canterbury , 1999). Thus, athletes should be advised to avoid drinking alcohol before intense exercise, during a training session or competition, or after training or competition. For athletes who cannot avoid alcohol consumption and deliberately choose to drink, the American College of Sports Medicine (ACSM) recommends, for pre-event, to avoid alcohol consumption greater than a modest amount for at least 48 hours before the competition or exercise event (Suter & Schutz, 2008). In the post-exercise recovery period, the ACSM suggests rehydrating first with water and consuming food before drinking alcohol to slow down the alcohol absorption (Suter & Schutz, 2008).

In addition to negative physiological effects, unintentional injury, and effects on quality of life, student-athletes are subject to more frequent negative consequences. Multiple studies have found

that student-athletes experience more consequences than non-athletes due to drinking including neglecting their responsibilities, driving after drinking, having unprotected sex, and experiencing sexual assault (Mastroleo et al., 2019). Such consequences can be detrimental towards quality of life and athletic careers.

Student-athlete careers equally depend on academic performance as much as athletic performance. Although research has not focused specifically on academic-related consequences due to alcohol use, disengaging in academics due to excessive alcohol consumption is potentially a serious problem for all student-athletes. Many college athletes receive a scholarship that requires them to maintain a minimum grade point average. Failing to meet this requirement could put a student's status as an athlete in jeopardy (Mastroleo et al., 2019).

Research also fails to focus on consequences of alcohol use regarding rules and regulations set by the student-athlete's coaching staff, athletic department, or university. These policies differ based on the university, level or division of sport or the perception of alcohol use by the coaching staff. When athlete's disregard these rules and regulations (i.e. drink alcohol when they are told not to), they put their ability to compete at risk. Athletes may have to suffer consequences such as suspension from practice and competitions, as enforced by the coaching staff, athletic department, or university.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter presents the introduction, study design and rationale, study setting and rationale, study population, sample size determination, sampling procedure, inclusion criteria, definition of variables, research instruments, data collection procedure, data management, data analysis and presentation, ethical considerations, limitation of the study and dissemination of results.

3.1 Study design and rationale

The study was a descriptive cross sectional employing quantitative data collection methods. The study was a cross sectional because it is going to be done for a short period of time and descriptive because enabled the athletes to adequately explain their responses within their own settings. This is because sample group was selected from the entire population identifying the problem and data was collected for a specific period of time in a specific area.

3.2 Study setting and rationale

The study was conducted in Nagongera Campus, Busitema University. The study setting has been selected because the problem of alcohol abuse among the student athletes is prevalent on the ground as have been noted by the researcher.

3.3 Study Population

Lewis, A. (2007) defined a population as a complete collection of all elements (units) that are of interest to the researcher. The study targets both male and female student athletes in Nagongera Campus who engage in different sport categories. The total population of students is five hundred forty students(540),out of the 540 students, one hundred fifty students engage in the following sports like netball,athletics and football.

3.3.1 Sample Size

The sample population of 30 respondents was chosen as the sample to be used in this study. 10 students were chosen from Netball,10 students from football and 10 students from athletics .These were sports chosen by the researcher for the study because they had a big number of participants.

Figure 3.1:A table showing the study population, target population and sample size

Study population	Target population	Sample size
540	150	30

3.3.2 Sampling procedure and rationale

The respondents for the study were selected using a convenient sampling method. The researcher will identify the registered university student athletes and select 10 students from each sports category. This will include student athletes who participated in the interfaculty game, orientation games and those who represented the university in the inter-university sports championship held in 2023. At least 5 athletes were sampled from each sports category (Netball, football, athletics).. This was done from the records of games and sports department of Nagongera Campus.

3.3.3 Inclusion criteria

The study included male and female student athletes who are in the faculty Science and Education, Nagongera Campus.

3.4.4 Exclusion criteria

The researcher excluded all those who are not student athletes in Nagongera Campus as well as student athletes who refused to consent and those mentally ill at the time of data collection.

3.5 Definition of Variables

3.5.1 The independent variables for the study included:

Alcohol abuse among student athletes.

3.5.2 The dependent variables for the study included:

Risk factors for alcohol abuse among student athletes.

3.6 Research Instruments

Data was collected using a questionnaire which consisted of close ended questions.

3.7 Data Collection Procedure

Due to the busy nature of the respondents, the researcher administered the questionnaires to the respondents from within campus and hostels or in their respective places of residence where they were found and this improved efficiency and confidentiality during data collection. The researcher sampled 10 respondents per day making a total of 30 respondents for 3 days.

3.7.1 Data management

Data was recorded and saved in the computer and flash disks. Data was recorded in hard copy and later typed and saved in a computer for proper management.

3.7.2 Data analysis and presentation

The researcher analyzed the collected data using Microsoft Excel and presents it in form of tables, graphs and pie charts.

3.8 Ethical Considerations

A letter of introduction was obtained from the Department of Biology, introducing the researcher and seeking permission to carry out the study from the student athletes of Busitema University. After permission have been granted, participants were assured of maximum confidentiality of all information given. Numbers instead of names were used to identify respondents. The study commenced after the objectives of the study had been fully and well explained to participants and have consented to participate in the study.

3.9 Limitation of the study

The researcher encountered financial constraints in gathering information from the internet and libraries, printing and transport costs. The researcher overcame this limitation by drawing up a budget which was strictly followed to utilize the available means.

The researcher also encountered time constraints in the course of the study, due to the limited time left to conduct the research study. The researcher overcame these limitations by drawing up a timetable which was strictly followed to overcome the time barriers.

CHAPTER FOUR

DATA PRESENTATION ANALYSIS AND INTERPRETATION

4.0 INTRODUCTION

This chapter comprises of the findings that were gathered by the researcher from the student athletes of Busitema University in relation to the topic **Risk factors for alcohol abuse among student-athletes in NAGONGERA CAMPUS**

The data is presented and interpreted in view of the objectives mentioned in chapter one of this research. The interpretation also seeks to answer the research questions that were raised in chapter one Presentation and interpretation of data in this chapter has been done with the aid of quantitative and qualitative methods for example the use of tables, graphs, percentages and personal analysis and interpretation presented in essay form

All the 30 respondents completely filled their questionnaires thus giving 100% response rate.

4.1 DEMOGRAPHIC CHARACTERISTICS

Table 1: Shows response on gender, age and academic year among student athletes

Demographics		Frequencies	Percentage (%)
Age	18-25	21	70.00
	26-33	9	30.00
	33+	-	-
Gender	Male	23	76.67
	Female	7	23.33
Academic year	Year 1	6	20.00
	Year 2	10	33.30

	Year 3	12	40.00
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The table above shows that the majority 21 (70%) of the respondents were between the age of 18-25years compared to 9 (30%) who were between 26-35years of age and there was no respondent with more than 35 years. More than half 23 (76.67%) of the respondents were male while 7 (23.33%) of the respondents were female. Majority 12 (40%) of the respondents were in year three, 10 (33.3%) of the respondents were in year two, 6 (20%) of the respondents were in year one, 2 (6.7%) of the respondents were in year four, and there was no respondent from year five.

From the above analysis. It can be concluded that the student athletes are mostly aged between 18-25 years with and they are mostly in year two and three, since this students talents would have been identified, it is in this age bracket where students can easily be moved to behave in appropriately and can easy engage in alcohol abuse.

4.2 PREVALENCE OF ALCOHOL ABUSE AMONG STUDENT ATHLETES

Table 2 Shows the demographic characteristics of the response and whether they consume alcohol or not

Demography		Drink alcohol				Don't drink			
Gender		Male		Female		Male		Female	
		(F)	(%)	(F)	(%)	(F)	(%)	(F)	(%)
Age	18-25	11	36.67	5	16.67	4	13.33	1	3.33
	26-35	5	16.67	-	-	3	10.00	1	3.33
academic year	year 1	4	66.67	-	-	-	-	2	33.33
	year 2	5	50.00	2	20.00	3	30.00	-	-
	year 3	5	41.67	3	25.00	4	33.33	-	-

From the table above, it is seen that 36.67% of student athlete's aged 18–25-year drink alcohol are male whereas 16.67% are female. And for those age 26-35, 16.67% are male while no female drinks. However, 13.33% of those who don't drink are male student athletes aged 18-23 while their female counterpart's take 3.33% also 10% Of male student athletes aged 26-35 don't drink and while 3.33% are female.

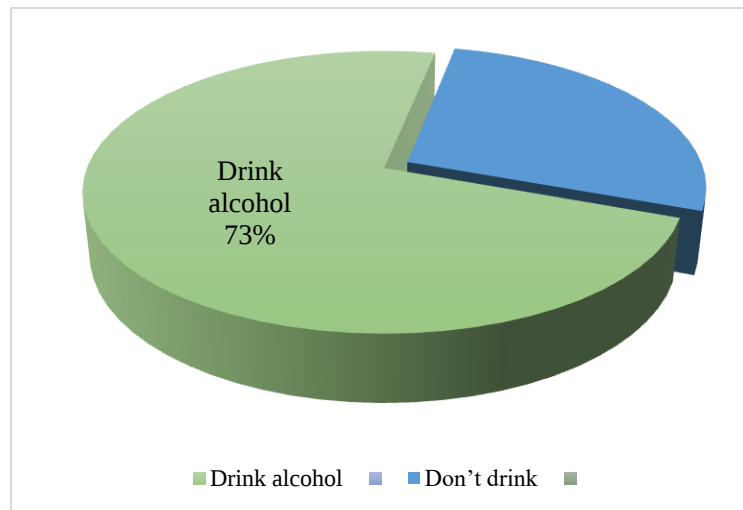


Figure 1: show the percentage proportion of student athletes who consume alcohol

From the figure above, it can be seen that majority of the respondent (73%) drink alcohol while (27%) don't drink.

This implied majority of the student athletes of Nagongera Campus consume alcohol. There for many of them know or have incurred the consequences of alcohol abuse.

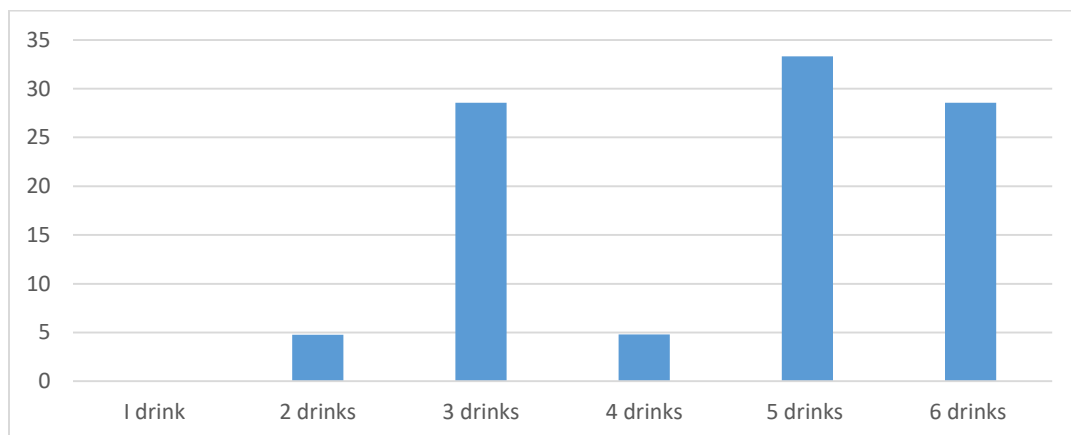
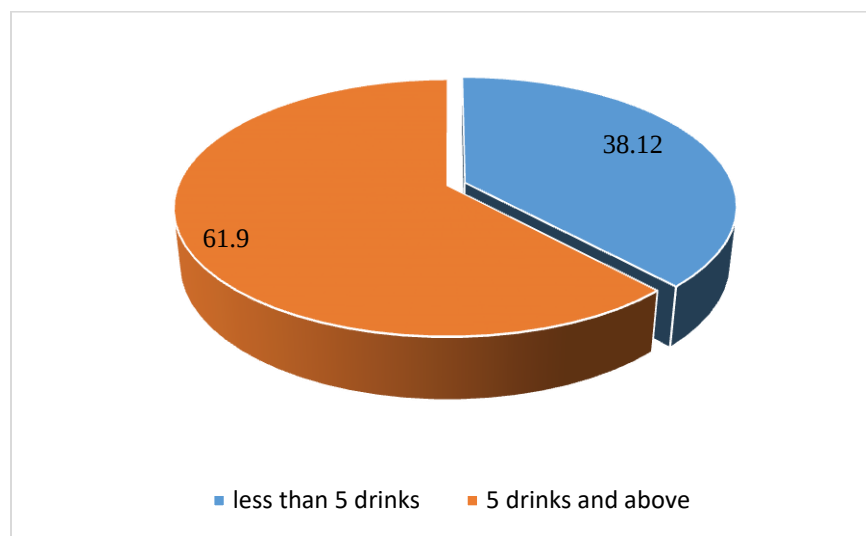


Figure 2. Shows response on the number of student athletes and the number of drinks they drink in a day

The figure shows that none of the respondents drink 1 drink per day, 4.76% of the respondents drinks between 2 drinks a day, 28.57% drink 3 drinks, 4.76% drink 4 drinks, 28% drink 6 drinks, while the majority, 33.33% of the respondents drink 5 drinks a day

Figure 3 shows the ratio of student athletes who drink more than 5 drinks to those who drink less than 5 par day



From the figure above, it is seen that more than half (61.9%) of the respondents' drinks 5 and above drinks per day while less than half (38.12%) drink less than 5 drinks per.

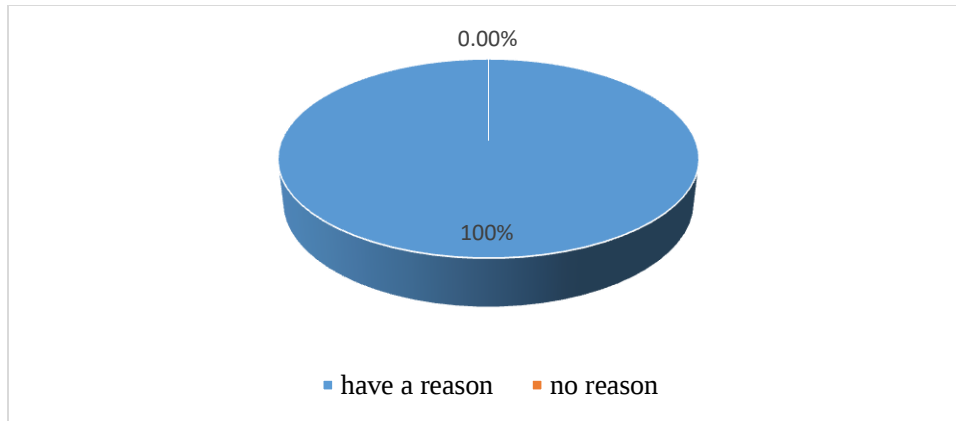
Figure 4 shows the male respondents in relation to female respondents who drink alcohol

The figure shows that the 53.33% of male respondents drink alcohol and they are greater than 0.75 of 18.67% female respondents.

This implies that, more male student athletes drink alcohol compared to the female student athletes in Nagongera Campus.

4.3 REASONS WHY STUDENT ATHLETES CONSUME ALCOHOL

Figure 5 shows the proportion of respondents who have a reason for alcohol consumption



The figure above shows that 30 (100%) of the respondents drink for a reason. Reasons for alcohol consumption are highlighted in fig 7

Figure 6. Showing reasons why student athletes consume alcohol

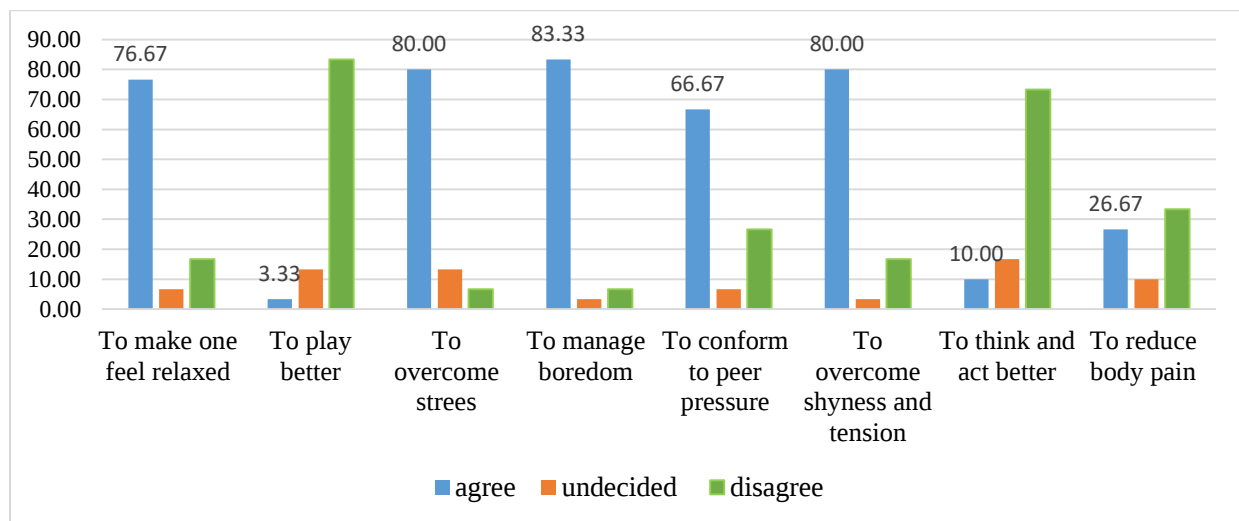


Figure 7. Showing reasons why student athletes consume alcohol

Figure 7 above shows that the first five major reasons which make the athletes consume alcohol are: relaxation 76.67%, followed by manage boredom 83.33%, overcome stress and overcome shyness both at 80.00% and conform to peer pressure 66.67%. The reasons which least spur the athletes alcohol consumption are: "to play better" 3.33%, think better 10.00% and reduce body pains 26.67%. The consequences which the athletes may have experienced after alcohol consumption are shown in Fig 9

4.4 CONSEQUENCE OF ALCOHOL ABUSE ON STUDENT ATHLETES

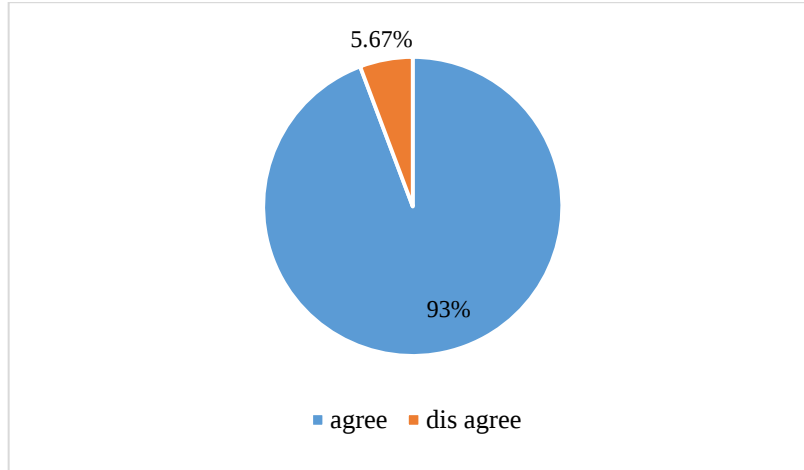
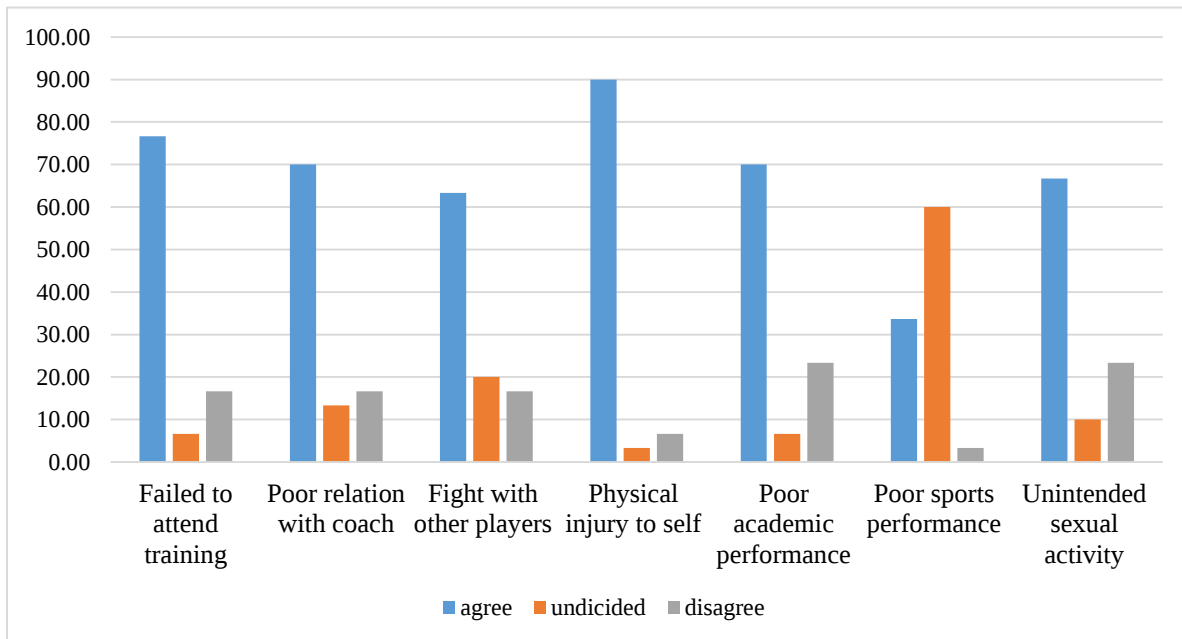


Figure 8 shows the number of student athletes who accept that alcohol abuse have effects

The figure above shows that 93.33% of the student athletes agree that alcohol abuse can have negative consequences while 5.67% don't agree

Figure 9 shows consequences of alcohol abuse on student athletes



The five main consequences that the athletes have experienced or are most likely to experience are physical injury 90%, followed by failure to attend training 76.67%, poor relationship with coach 70.00% and poor academic performance 70%. The consequences which the student

athletes have never experienced or are less likely to experience are: behavior offending others 60%, fighting with other players 63.33% and unintended sexual activity 66.67%.

CHAPTER FIVE

DISCUSSION OF STUDY FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

This chapter is concerned with discussion, summary, conclusion, recommendations and suggestions about the findings that were gathered from the case study.

5.1. DISCUSSION OF RESULTS

The researcher was investigating the risk factors of alcohol abuse on student athletes. The focus was put on the student athletes in Nagongera Campus which was chosen as the case study. The researcher set the objectives of which included finding out the prevalence of alcohol consumption establishing the reasons for alcohol consumption and the consequences of alcohol abuse on student athletes. Alcohol can impact both short term and long term. In the short term it affect coordination, judgment and can lead to accidents or risky behaviours. Long term, excessive consumption can damage organs like the liver, increase the risk of addiction, heart problems, and mental health issues. Moderate intake however, may have some health benefits, like lowering the risk of certain heart conditions. Always important to consider moderation and individual tolerance. Alcohol can hinder physical performance in various ways. It dehydrates the body, impairs coordination, reflexes and balance affecting athletic abilities. It also reduces muscle recovery post exercise and can interfere with proper sleep patterns, crucial for physical recovery. Overall its best to avoid alcohol before engaging in physical activities for optimal performance and safety. According to the results represented on the pie chart above, 93% of the students agree that the alcohol consumption have effect on the athletes performance as compared to 5.67% who agree that alcohol consumption have no effect on the athletes performance. This implies that athletes should not consume alcohol if they are to perform well. According to (Susan M Shirreffs), The use of alcohol is often intimately associated with Sport. As well as providing a source of energy (ethanol) has metabolic, cardiovascular, thermoregulatory and neuromuscular actions that may affect exercise performance. Strength is minimally affected and performance impairments depend on the dose of alcohol and subject habituation to alcohol intake and exercise duration, environmental conditions and other factors. Central nervous system function is

impaired at high doses, resulting in decrements in cognitive function and motor skill, As well as behavioral changes that may have adverse effects on performance.

According to (PM Suter,Y Schultz),Alcohol is consumed on a daily basis by a large fraction of population, and in many countries, light to moderate alcohol consumption is considered as an integral part of the diet. Although the relationship between alcohol intake and obesity is controversial, regular consumption of alcohol through its effects is suppressing fat oxidation is regarded as a risk factor for weight gain, increased abdominal obesity and hpertriglyceridema.The alcohol effects on sports performance depend on the type and dosage of alcohol.

5.1.1. Prevalence of alcohol abuse among student athletes in Nagongera Campus

The majority of the respondents (70%) were between the ages of 18 -25 years and only 30% were of ages between 26-35years.This showed that student athletes in Nagongera Campus are mostly young and they are mostly in year two and three. Findings of the study also indicate that more males took part in the study compared to the females. This is expected as participation in sports and alcohol consumption is male dominated in Africa. Previous studies have reported that the male gender was strongly associated with weekly alcohol use among young adult athletes. Men were more likely to be intoxicated more than 10 times a year and women were more likely to be intoxicated (Aaron et al, 1995; O'Malley & Johnston, 2002) The study showed that more than 50% of the athletes in Nagongera Campus are involved in binge drinking (more than 5 beers per sitting). This is in line with Watson (2002) findings that college athletes consume more alcohol than non-athletes. Similarly, Bracken and Wilfert (2010) reported in their study, that 49% of student athletes drink 5 or more beers in one sitting; they also found that male student-athletes drink on average 5 more drinks per week than other male students and female student-athletes drink on average one more drink per week than other female students. Studies have suggested that college athletes often report problems such as negative and unsatisfactory relationships with teachers, coaches and fellow athletes.

5.1.2. Common reasons for the prevalence alcohol abuse among student athletes in Nagongera Campus

When asked whether respondents have a reason for drinking or not, 100% of the respondents agreed to be having a reason for alcohol consumption. This shows that there are motivating factors that make student athletes to engage in alcohol abuse. Responses from the study revealed that, in Nagongera CAMPUS the student-athletes consume alcohol for a reason and the major reasons why they do so include relaxation, management of boredom, overcoming shyness and conforming to peer pressure. As much as these reasons have been reported elsewhere (Ford, 2007, Rintaugu et al., 2011), Osgood et al (1996) observed that participation in sports provides opportunities for young people to drink alcohol as well as to consume other drugs because it takes participants to venues where they are out without adult and parental control. Ford (2007) further reported that student athletes drink alcohol to please many people including coaches, teammates, teachers, school officials, classmates, fans and members of the media.

Indeed, Presley and Meilman, (1994) opined that despite the athlete's constant exposure and elevated status on campus; student athletes are typically placed in situations that cause stress and anxiety. Bracken and Wilfert (2010) observed that 86.1% of athletes that drink report to do so for reasons not related to sports. The least reasons which make athletes consume alcohol in this study were to think and act better and to reduce body pain emanating from sports and sport specific reasons of playing better. These results corroborate with Pitts et al., 2019 that almost half of the male athletes indicated that stress associated with sport participation such as pressure to win, excessive anxiety, frustration, conflict, irritation and fear significantly affected their mental or emotional health.

The findings of this study indicated significant differences on reasons for alcohol consumption and level of study especially the reason bordering on: overcoming shyness, tension and anxiety. Thus, it was evident that more first level students were consuming alcohol due to the above reasons. It is generally acknowledged that the first year of college is stressful and can be filled with emotional disturbances such as loneliness, homesickness and grief. This could trigger risk behaviors such as substance abuse (Marten et al., 1999). Most student-athletes' are big stars in their high school campuses by the time they reach their senior year. They therefore have over the years earned recognition, positive feedback by peers, faculty and the whole community (Hyatt,

2003). However, once they enroll in college, they have to start from scratch academically, socially and even on the athletics team. Secondly, the first level student athletes may consume alcohol because of the newly found freedom away from parental and teacher control which is a common practice at the lower levels of education.

5.1.3. Consequences of alcohol consumption among student athletes in Nagongera Campus

When asked whether they have experienced any consequences or they think it can alcohol abuse can have an impact on the abuser, a substantial number 93.33% of student athletes agree that alcohol abuse can have negative consequences while 5.67% disagreed. Findings showed that physical injury took the greatest number 90% followed by failure to attend training 76.67%, poor relationship with coach and poor academic performance took the same number of respondents, 70%. O'Brien and Lyons (2000) indicated that drinking can affect athletic performance by impairing psychomotor skills, decreased psychological levels of functioning and impairs body's temperature regulation system. They also indicated that drinking leads to greater risk of injury and athletes who use alcohol at least once a week had an injury rate of 54.7% (O'Brien & Lyons, 2000).

Howell et al., 2015 found that alcohol abuse increases the chance for an alcohol related unintentional injury. Alcohol abuse is quite high and correlated with a host of problems such as residence hall damage, sexual assaults, fights, drunk driving and impaired academic functioning (Mastroleo et al., 2019). Equally, heavy drinking is associated with multiple social and interpersonal problems such as arguing with friends, engaging in unplanned sexual activity, drinking and driving, getting into trouble with the law and academic difficulty (Mastroleo et al., 2019). Zale et al., 2022 reported that male students drank more frequently and were more intoxicated than were female students. Athletes in this study mostly experienced alcohol consumption consequences such as behavior offensive to others (negative reactions from others), damaged friendships and poor academic performance (missed classes, exams or poor homework and poor laboratory performance). It is possible that some of these consequences of alcohol consumption do not only affect the athletes' sport performance but also their academic performance. Presley and Meilman (1994) indicated that most students drink an average of five beers per week and alcohol abuse correlated with a host of problems such as sexual assault,

fights, and impaired academic performance. In this study, 61.9% of the respondents reported at least one episode of binge drinking.

5.2. CONCLUSION.

The findings of the study have shown that student-athletes in Busitema University engage in binge drinking. The reasons for alcohol consumption and resulting consequences are not much sport-related. The majority (23) of the student athletes agreed to drinking alcohol and (7) students don't drink. The selected demographic factors of age, gender and academic do not significantly mitigate the reasons for consumption of alcohol however, a greater number of student athletes acknowledged that relaxation, stress, boredom, peer pressure and shyness are the major reasons for alcohol consumption. Alcohol abuse affect student athletes specifically those in Busitema University as it leads to physical injuries, failure to attend training poor relationship with coach and poor academic performance.

5.3. RECOMMENDATIONS.

Student-athletes need to be educated on the dangers of alcohol consumption. This has to be done by all the stakeholders including coaches sport psychologists and counselors. Alcohol consumption consequences spill over to the academic and possibly their performance in sports could be drastically affected.

Intervention measures need to be put in place by educational institutions to combat alcohol consumption.

Student- athletes need to be sensitized about their lifestyles which make them vulnerable to alcohol consumption among student athlete's.

Finally, future studies should focus on alcohol consumption among high school and elite athletes as these students eventually find their ways into colleges and universities.

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APPENDICES

Appendix I: Questionnaire

My name is **CHEPTOEK LUIS KAPRETO** a student of Busitema University and I am carrying out a study to identify the **risk factors for alcohol abuse among student athletes in Nagongera Campus, Busitema University**. You are requested to participate in the study and all the information you give will be kept confidential. Please endeavor to respond to all questions asked. Please tick the relevant box or write in the space provided and answer as truthfully as possible

PART A: Demographic characteristics

1. What is your;

1) Age

a. 18 – 25 years

☐

b. 26 – 35 years

☐

2) Gender

a) Male

☐

b) Female

☐

3) Year of study

Year 1	Year 2	Year 3

PART B: Prevalence of alcohol abuse among student athletes in Nagongera Campus, Busitema University.

4. Use the table below to describe your drinking pattern during a **week**, Please fill in a number for each day of the week indicating the average number of drinks you consumed that day. For days you typically do not drink, enter a zero. If you are a non-drinker, enter all zeroes. **Please do not** enter a range of amounts, ½ amounts, or decimals per day (e.g., 10-12 per day or 3 ½ or 4.5 drinks per day)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

PART C: Reasons for alcohol consumption among student athletes

5. Do you have a reason for drinking alcohol?

a. Yes

☐

b. No

☐

6. From your own point of view, are the following some of the reasons why you consume alcohol excessively? Or if you don't drink, could this be the reasons why student athletes drink alcohol? (I- agree, 2- not sure, 3-disagree) **Tick the appropriate box**

Reason for consuming alcohol	1	2	3
Make you feel relaxed			

To play better			
Overcome stress			
Manage boredom			
To conform peer pressure			
To think and act better			
To overcome shyness and tension			
To reduce body pain			

PART D: Consequence of alcohol abuse on student athletes.

7. Does alcohol abuse affect student athletes in Nagongera Campus? Have you felt some effects of alcohol abuse? Or do you believe alcohol abuse can impact on a student athlete negatively?

a. Yes ☐ No ☐ Not sure ☐

8. If yes, are the following some of the ways it can affect you? Or are these some of the ways alcohol abuse can affect a student athlete? (1-agree, 2-not sure, 3-disagree). **Tick the appropriate box**

Consequence of harmful alcohol use on student athlete	1	2	3
Failed to attend training			
Poor relation with coach			
Fight with other players			
Physical injury to self			
Poor academic performance			
Poor sports performance			
Unintended sexual activity			

Thanks for your patience

Appendix II: Consent Form

The topic and its objectives have been fully explained to me, and I have understood and voluntarily agreed and consented to participate in the study.

Signature.....Date.....

