

5.1 Sex of Respondents

After data analysis it was found that 45 of the respondents were males while 5 were females representing 90 % and 10 % respectively. This means that the majority of the respondents were males. This observation is like this because in Malawi drinking and smoking has a gender connotation which is largely associated with males.

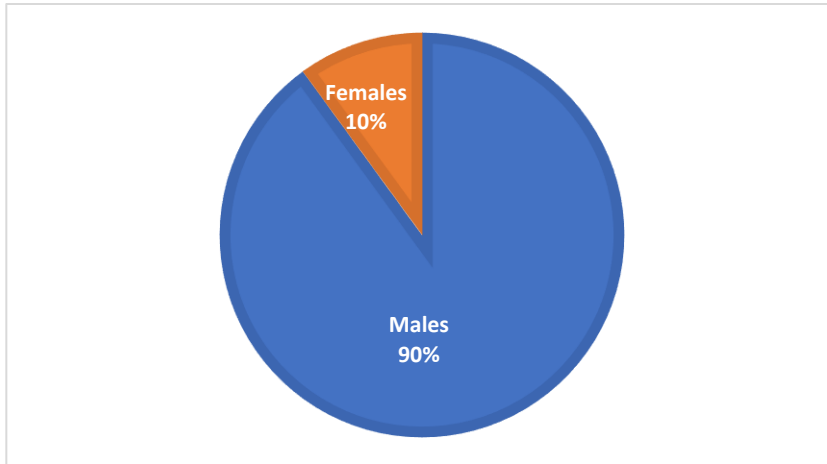
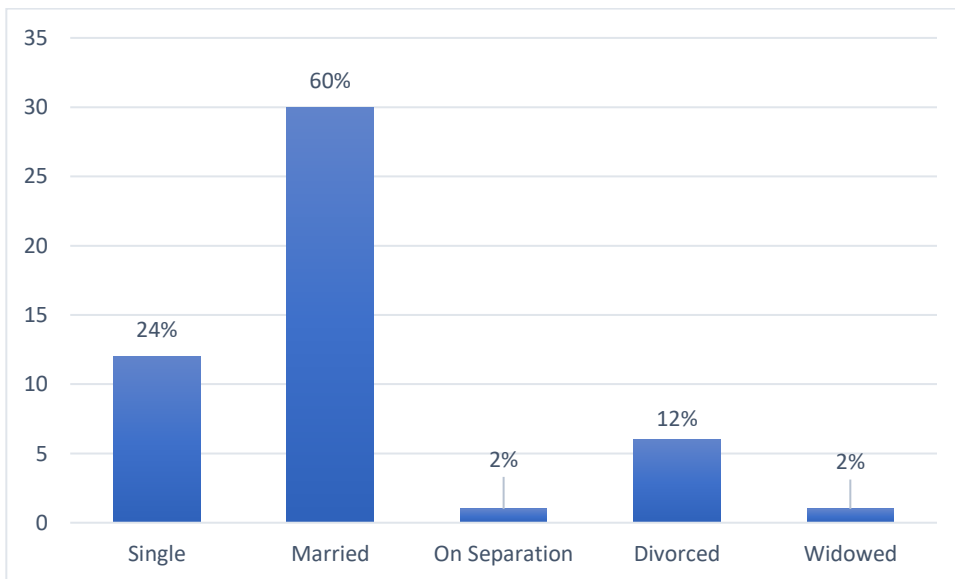


Chart 1: A pie chart showing the sex of the respondents

5.2 Marital Status of the Respondents

The study showed that 60% of the respondents were married, 24% of the respondents were single, 12 % were divorced, 2% were on separation while another 2 % were widowed.



Graph 1: A bar graph showing the marital status of the respondents

The results indicates that the majority of the respondents were married followed by those who were single.

5.3 Age of Respondents

In a quest to establish the age ranges of the respondents and how it could affect the findings of the research, age of the respondents was collected. From the study 6 % of the respondents were aged 15 and 19 years, 32 % were between 20 and 29, 34 % of the respondents were aged between 30 and 39, 10 % was in the 40 and 49 range, 8 % were aged between 50 and 59, 3% were those in the age bracket of 60 and 69 whilst those aged 70 and above were 4 %. The age summary of the respondents are presented in the table below.

Age range	Frequency	Percentage
15-19	3	6
20-29	16	32
30 -39	17	34
40-49	5	10
50 -59	4	8
60-69	3	6
70 Above	2	4
Total	50	100

Table 1: A table showing the age range of the respondents

After analysis it shows that majority of the respondents were aged between 30 and 39 followed by those who were aged between 20 and 29.

5.4 Education background of the respondents

On educational background, the study shows that 54% of the respondents attended primary school, 20% reported that they attended secondary school education while 14% attended

tertiary education and 12% never attended school. This shows that the majority of the respondents attended primary school education.

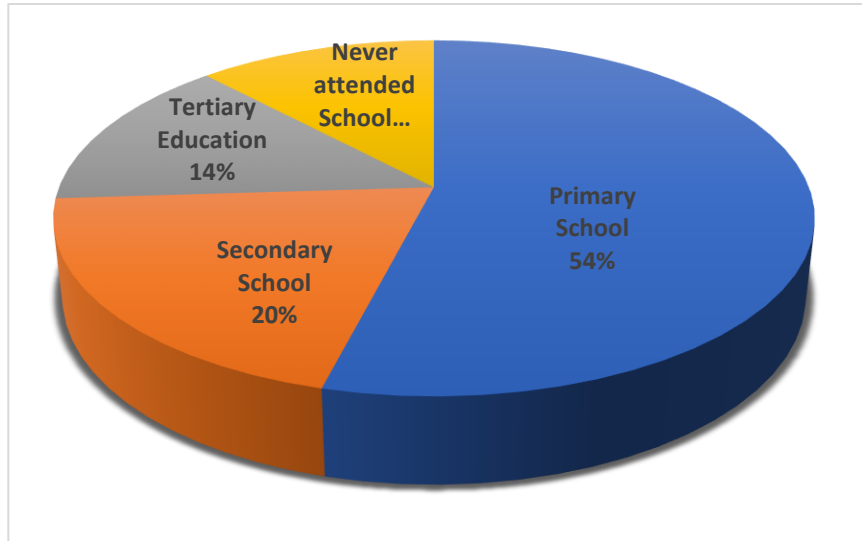
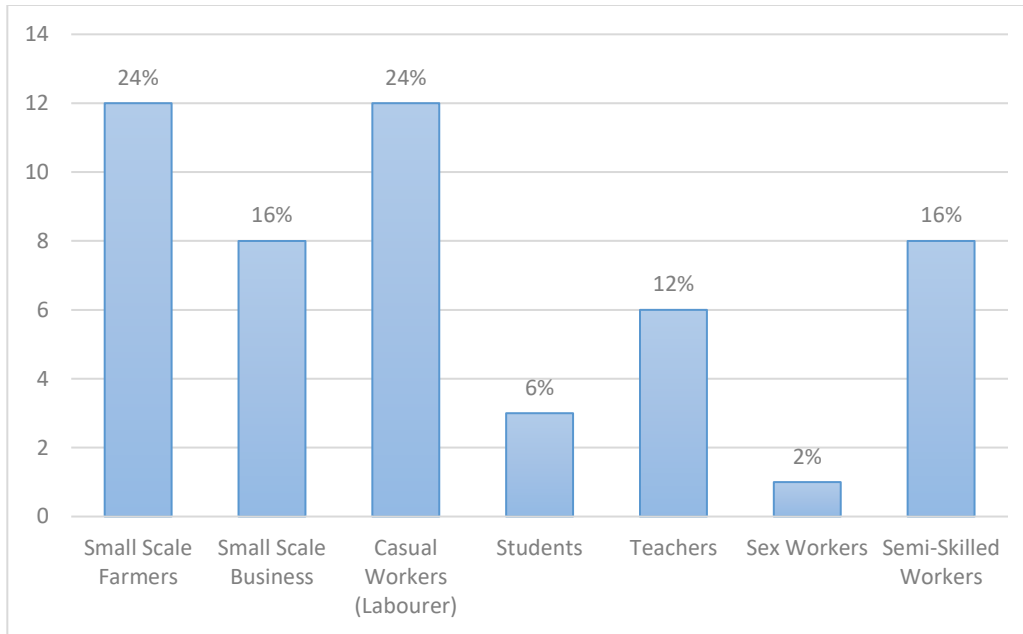


Chart 2: A pie chart showing educational background of the respondents

5.5 Occupation of the respondents

The study shows that by occupation, 24 % of the respondents were small scale farmers, 16 % were small scale business persons, another 24 % of the respondents were casual workers, 6 % were students pursuing different academic programs at tertiary level, 12 % were teachers, 2 % were commercial sex workers and the remaining 16 % were semi-skilled workers working as builders carpenters, plumbers and tailors.



Graph 2: A bar graph showing the occupation of the respondents

The occupation result shows that the majority of the respondents were small scale farmers and small scale business persons

5.6.1 A comparison of the number of respondents who smoke from Zomba rural and Zomba urban

The analysis of the results shows that Zomba rural Sakata to be specific has a higher number of respondents 74 % who smoke than 26 % from Zomba urban, Chinamwali Township to be exact. These results indicate that Zomba rural has more number of respondents who smoke. This may be attributed to the fact that most of the people in Sakata have low levels of education as most of them ended at primary school which may cause them to have low understanding and less knowledge of the dangers of smoking.

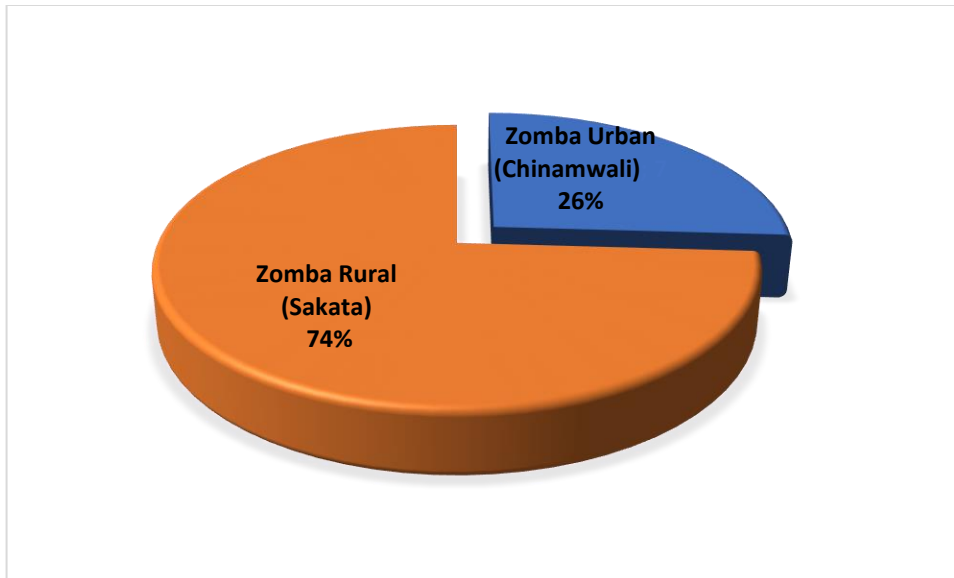
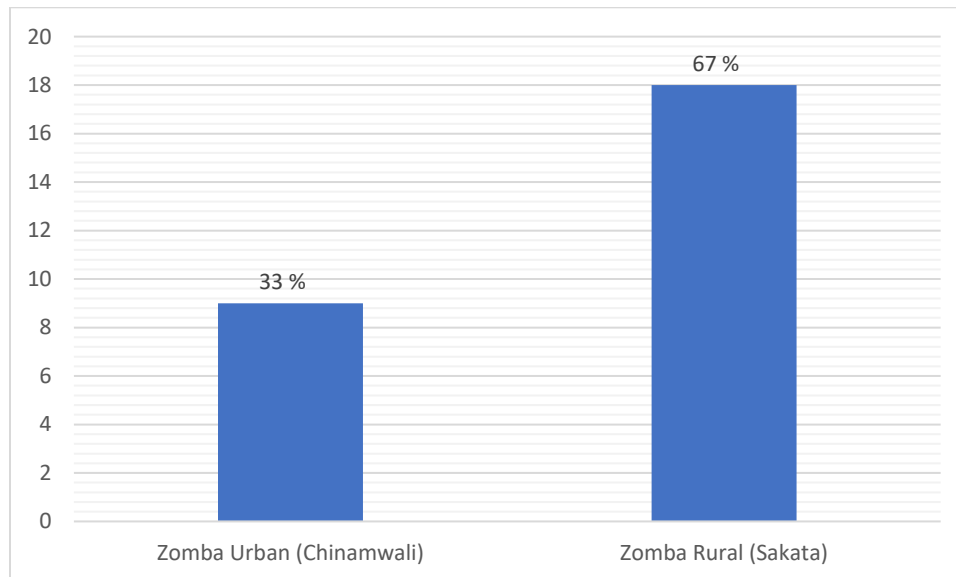


Chart 3: A pie chart showing a comparison of those who smoke from Zomba urban and Zomba rural

5.6.2 A comparison of the number of respondents who abuse alcohol from Zomba rural and Zomba urban



Graph 3: A pie chart showing a comparison of those who drink alcohol from Zomba urban and Zomba rural

After analysing the data obtained from the study, it has been established that Zomba rural (Sakata) has a higher percentage of respondents who drink alcohol than Zomba urban (Chinamwali Township). Sakata has 67 % while Chinamwali has 33 % of the respondents.

These results may be so because Chinamwali being an urban area, has many skilled and semi-skilled residents who go and work every day hence have less time to engage in alcohol drinking.

5.7 Number of respondents who smoke only, drink only or do both

The results of the study shows that 54 % of the respondents were both smokers and alcohol drinkers while the remaining 46 % were alcohol drinkers only. This means that most people that smoke also do drink alcohol.

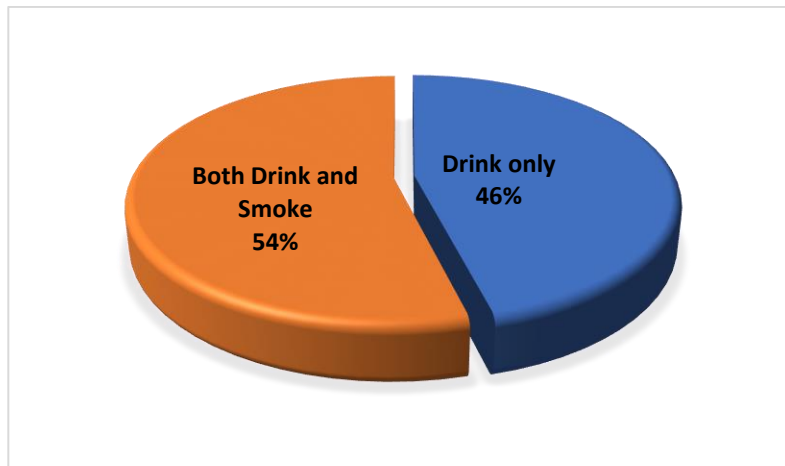


Chart 4: A pie chart showing the number of respondents who drink only and both drink and smoke.

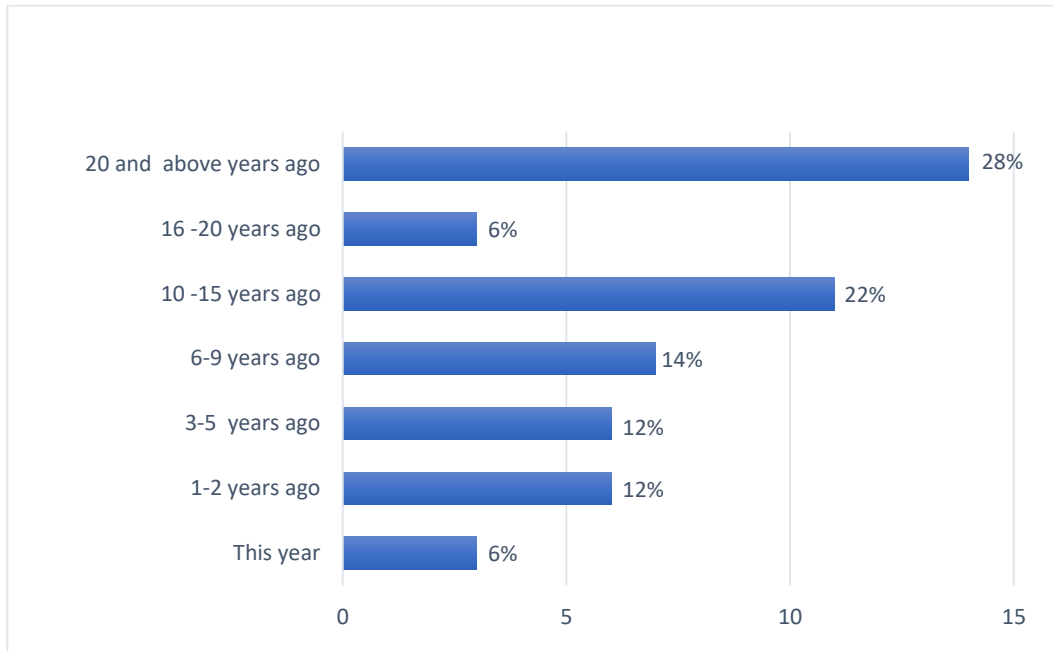
In addition to the above results, 27 of the respondents out of the 50 reported to be smokers. This represented 54% of the total sample size. This also shows that the majority of the respondents were smokers.

This observation may be attributed to the fact that cigarettes are cheaper to access as compared to alcohol

5.8 Duration of the respondents in drinking or smoking

The results of the study shows that 28% of the respondents have been drinking or smoking for over 20 years, 6% responded that they have been drinking or smoking between 16 and 20 years. 22 % of those interviewed revealed that they have been drinking or smoking for a period of between 10 and 15 years, 14 % said they have been drinking or smoking between 6 and 9 years, while 12 % of the respondents reported to have started smoking or drinking between 3

to 5 years ago, 12% started a year or 2 years ago and only 6 % reported to have started within the very same year of study.

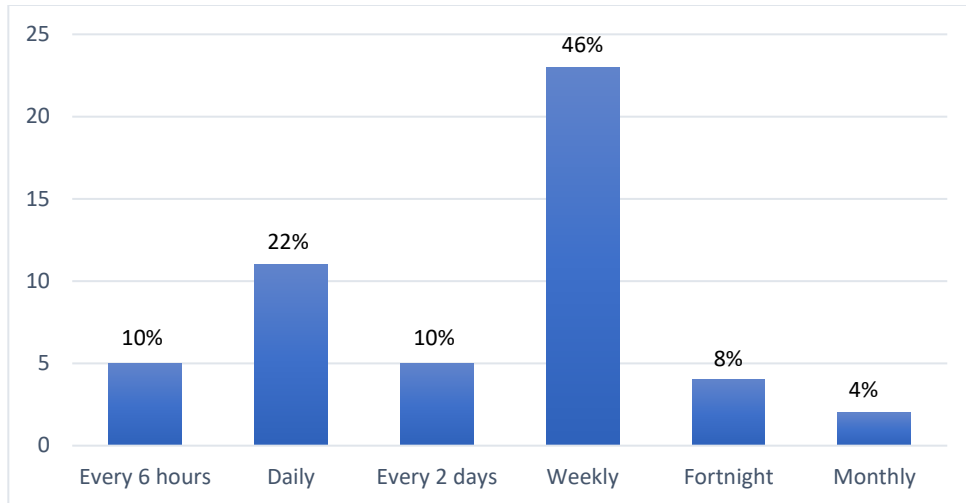


Graph 4: A bar graph showing the number of years the respondents have been drinking or smoking

This means that majority of the respondents have been drinking and smoking for over 20 years and only a few are the new comers in the smoking and alcohol arena.

5.9.1 The respondents' frequency on drinking

In a quest to determine how much alcohol is consumed, the respondents were asked how frequent they drink alcohol and the results of the study has shown that 46 % of the respondents drink every week, followed by 22 % who drink every day. 10 % of the respondents also reported that they drink every six hours, another 10 % also said that they drink every two days while 8 % drink every two weeks and 4 % drink once every month. This shows that a greater of the respondents drink weekly followed by those who drink daily



Graph 5: A bar graph showing how often the respondents drink alcohol

The results above shows that a majority of the respondents drink weekly followed by those who drink daily. This statistics indicates that indeed alcohol drinking is a big thing in the two localities of Chinamwali and Sakata

5.9.2 The respondents' frequency on smoking

In order to determine how prevalent smoking is, the respondents were also asked how often they smoke and the study has found out that 44 % of the respondents smoke every hour, 48 % of them smoke daily, while those that smoke after every two days and per fortnight were 4 % respectively. The results shows that most of the smoking respondents, smoke once a day, followed by those who smoke every hour.

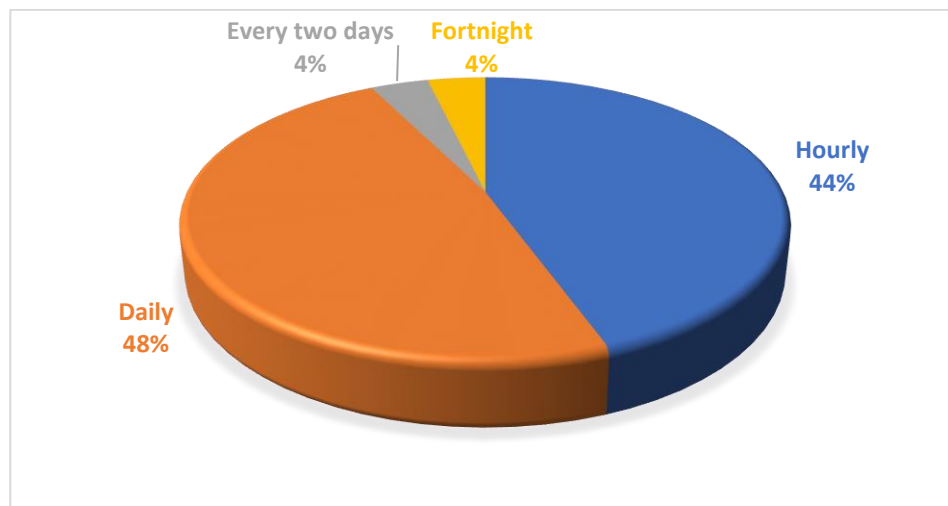
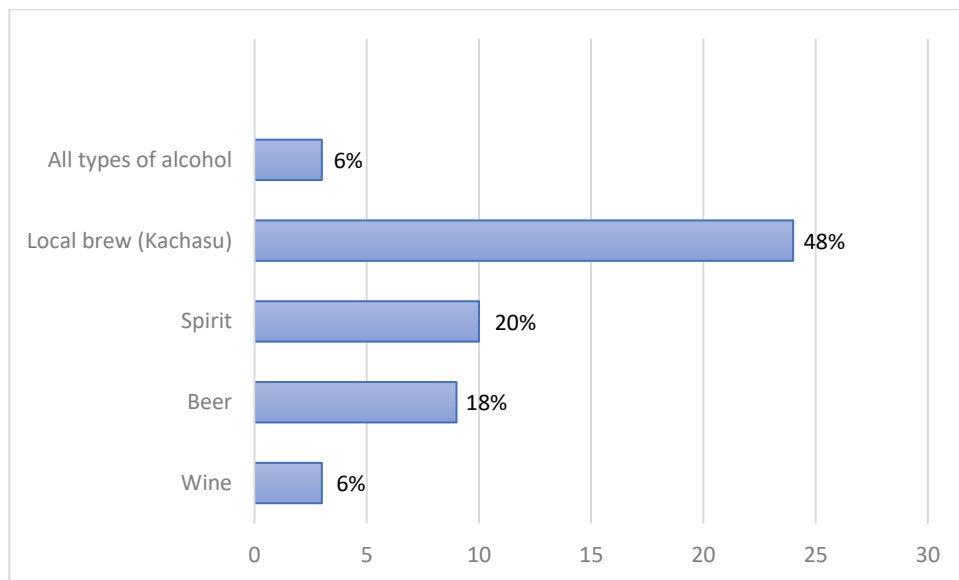


Chart 5: A pie chart showing how often respondents smoke

The above statistics reveals that smoking is a prevent challenge in the two study areas as the majority of the respondents smoke daily and every hour.

5.10.1 Type of alcohol drunk by the respondents

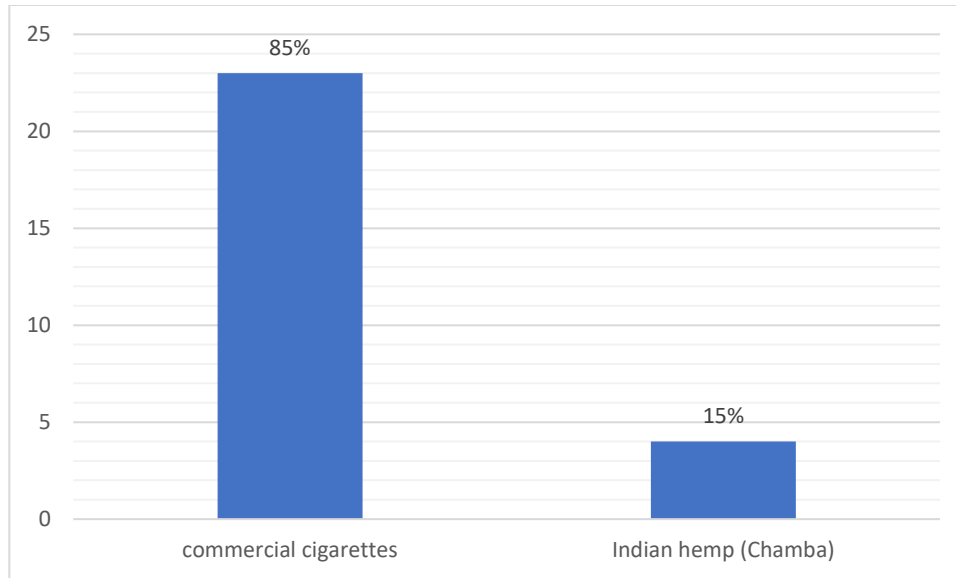
Following the analysis of the study data, 48 % of the respondents reported that they drink the locally brewed kachasu, 20% drink spirits, 18% drink malted beer, while 6 % drink wine and another 6% of the respondents drink all the four types of alcohol mentioned above.



Graph 6: A bar graph showing types of alcohol drunk by the respondents

5.10.2 Type of cigarettes smoked by the respondents

The study also tried to understand the type of cigarettes that the respondents smoke and the respondents were asked “what do you smoke?” From this question, it has been found that 85 % of the respondents smoke commercially processed cigarettes while 15 % smoke Indian hemp (cannabis) locally known as “chamba” or “ganja”

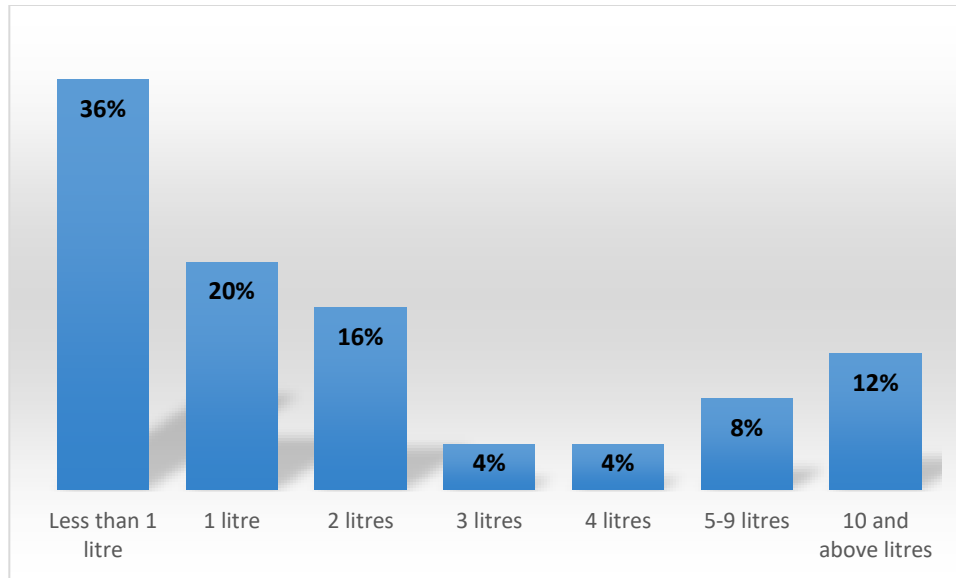


Graph 7: A bar graph showing the type of smoke smoked by the respondents

From the above analysis, it can be seen that majority of the smokers smoke the commercially processed cigarettes and only a few reported to have been smoking Indian hemp. On the other hand, it must be appreciated that possession of Indian hemp in Malawian laws is illegal and hence it may be due to this legal aspect that we can few Indian hemp smokers coming out in the open.

5.11.1 Quantity of alcohol taken per session

From the analysis of the study data, it has been established that 36% of the respondents drink less than a litre per one session. This is the case to those who drink the locally brewed kachasu which is usually packed and sold in 750 ml bottles called “velemoti”. 20% of the respondents are quenched with one litre, 16 % of those interviewed drink two litres, 4 % drink three litres while another 4 % is for those who drink four litres. Between five and nine litres of alcohol are drunk per one drinking session by 8 % of the respondents and 12 % represents those respondents that drink ten bottles of beers and above.



Graph 8: A bar graph showing the quantity of alcohol consumed by respondents per session

The results given above indicates that a simple majority of the respondents consume less than one litre. This is the case with the locally distilled Kachasu. Since this kind of alcohol is very strong and concentrated the majority of the respondents just consume it in less quantity. On the contrary, those respondents who drink malted beer such as “Chibuku” indicated that they consume more quantity between 5-10 litres in one session.

5.11.2 Number of cigarettes smoked by the respondents per day

In order to understand how serious smoking is in the two locations, respondents were asked to mention how many cigarettes they smoke in one session. After analysis, the study established that 37 % of the respondents just smoke one cigarette, 8 % smoke two cigarettes, 26 % smoke three cigarettes while 4% of the respondents smoke four cigarettes, 11 % smoke 5 cigarettes, 7 % smoke between six and seven cigarettes and another 7 % smoke 10 cigarettes and above. The statistics show that the majority of the respondents only smoke one cigarette.

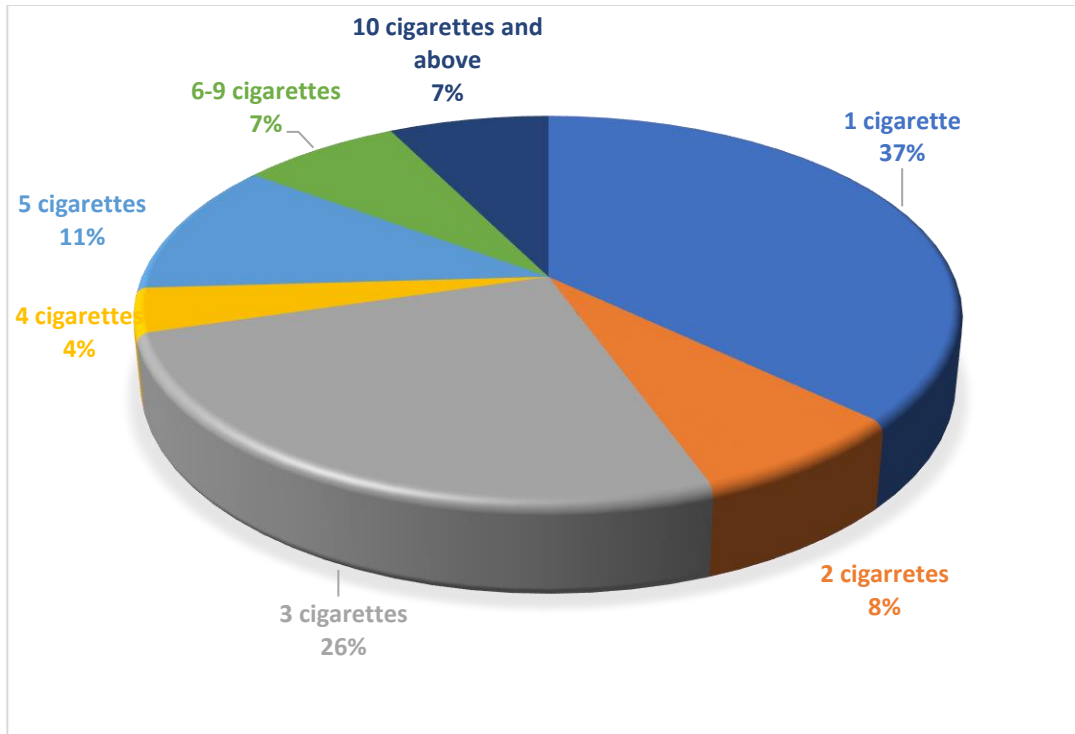


Chart 6: A pie chart showing the number of cigarettes smoked by respondents per session

5.12 Causes of smoking and alcohol drinking

After deep content analysis from the respondents' responses, the study has found that the causes of smoking and alcohol abuse are multiple and below were the reasons that prompted the respondents to start either drinking or smoking.

- i. Peer influence
- ii. Social acceptance
- iii. Solution for stress, frustration and disappointments
- iv. Personal choice
- v. Curiosity
- vi. Social learning from parents, guardians and close relationships
- vii. Physical availability of cigarettes and alcohol within reach

One of the respondents revealed that he started smoking because at his house there was a family shop in which among other commodities they were selling cigarettes. *“Since the cigarettes*

were within reached and readily available, I would just take one cigarette and go somewhere private to smoke”.

5.13 Challenges encountered due to smoking and drinking

Both the focus group participants and the questionnaire respondents were asked to share challenges, problems or negative outcomes they encounter due to their smoking and drinking and below is the summary of their responses.

i. Health challenges

It was reported that many smokers experience coughing, headache, dizziness and mental disorders, breathing difficulties while headache, stomach-ache, liver problems were pointed out as challenges from alcohol abuse.

Accidents and injuries were also mentioned as a negative effect of both smoking and alcohol abuse emanating from impaired judgement and poor decision making due to intoxication.

Some male respondents mentioned sexual transmitted infections as one problem associated with alcohol abuse. The focus group participants echoed that in many drinking places there are female sex workers who offer their bodies for money. Due to intoxication there is gross misjudgement and high poor decision making which increase chances of unprotected sex which consequently leads to sexual transmitted infections including Human Immuno-deficiency Virus (HIV).

ii. Financial challenges

Both the interview respondents and focus group participants pointed out that those that both smoke and abuse alcohol experience financial hardships as they spend money meant for their basic needs on alcohol and cigarettes which leads to high demand for money. This consequently leads to financial mismanagement and high levels of personal debts.

One of the focus group participant stressed that: *“The problem with people who drink is that whenever they get money, the first thing they think is how many bottles of alcohol will that money buy. This leaves the household destitute of basic needs”*

iii. Marital challenges

The married respondents pointed out that there are marital challenges that comes from both smoking and drinking alcohol including quarrels and complaints from the spouses emanating from smells to due to smoking and alcohol. One of the focus group participant, remarked, *“that many family quarrels and divorces are a result of prioritizing alcohol drinking over provision of basic necessities as most of the financial resources are channelled towards alcohol abuse and smoking.”*

The focus group participants also pointed out infidelity as one negative effect of alcohol abuse. Due to the presence of sex workers at drinking places, both men and women who get drunk and get intoxicated they are at high risk of indulging in sexual immorality leading to marriage breakdowns, separations and divorces.

iv. Social and interpersonal challenges

The respondents narrated that both Indian hemp smoking and alcohol abuse cause misunderstandings, conflicts and violence such as fighting, destruction of property and materials.

Some respondents mentioned loss of valuable properties as one problem associated with drinking alcohol. One of the respondent narrated that once intoxicated he blackens out and he doesn't know what is happening around him. *“I sometimes sleep along the road or at the drinking place and when I wake up, I usually find out that my mobile phone and money are gone. I don't know how many times I have replaced my phone”*.

v. Work and school related challenges

The respondents and participants of the focus group discussion also highlighted that alcohol abuse lead to low work and academic performances due to hang over, absenteeism and health related problems which in the long run also lead to loss of jobs, dwindling of business and expulsion from learning institutions

vi. Physiological challenges

Hang over, shivering, general body weakness and fatigue were also explained as some of the negative consequences of both smoking and alcohol drinking

5.14 Thoughts of quitting alcohol consumption and stopping smoking

In order to check the willingness of the respondents to quit alcohol abuse and smoking, the respondents were asked if they ever had thoughts of stopping smoking or quitting abusing alcohol. 68% of the respondents answered yes, 6% were not sure while 26 % said no. This shows that the majority of those interviewed showed great interest to quit drinking and smoking but they don't know how to operationalize their thought.

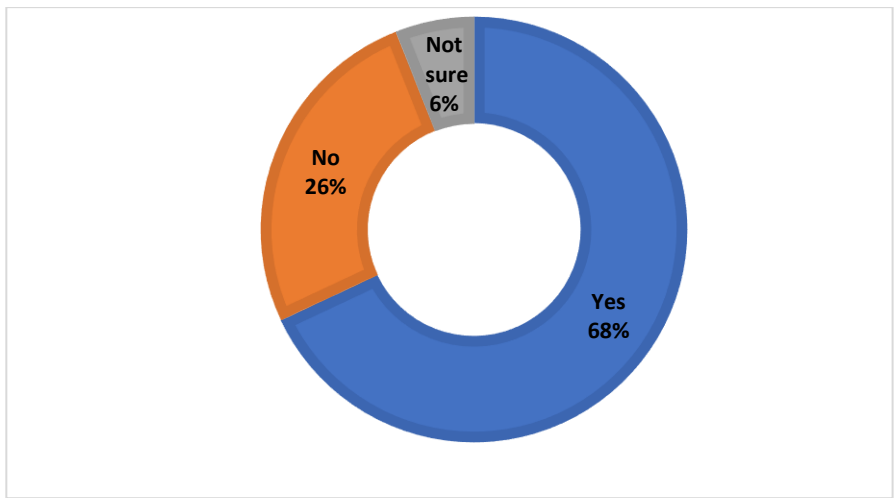


Chart 7: A pie chart showing the number of respondents who had thoughts of quitting smoking and drinking

5.15 Willingness of the respondents to join any program or project that help to quit smoking and drinking

When the respondents were asked about their willingness to join any program that may assist them to stop smoking and quit alcohol abuse, 88 % were very eager to join such a program whilst 12 % of those interviewed said “no”. Hence the results show that the majority of the respondents were willing to stop drinking and smoking

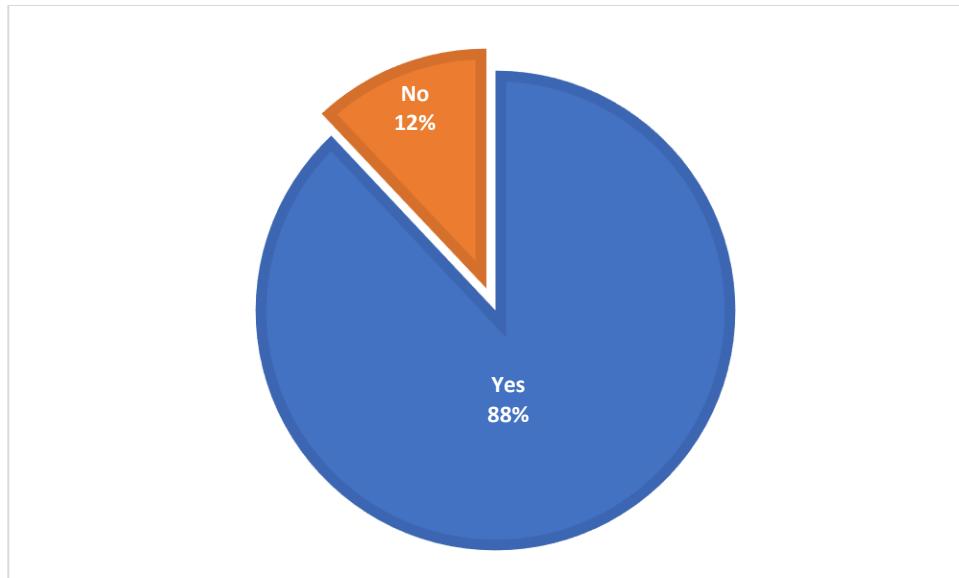
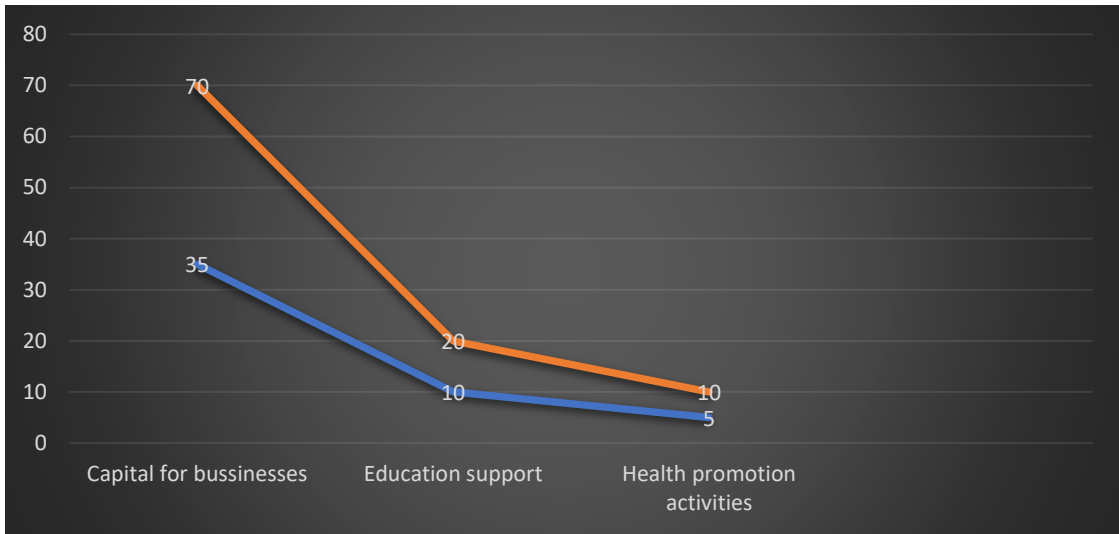


Chart 8: A pie chart showing the number of respondents who are ready to join any program or project that may assist them to quit smoking and alcohol abuse

5. 16 Strategies for smoking and alcohol abuse cessation

The respondents were asked on what they can do as well as what can be done for them in order to stop both smoking and abusing alcohol. After analysing the content data the study has established that almost 70% of respondents cited the need of business capital in order for them to engage in full time businesses so they do not have time for smoking and drinking, while 25% of the respondents mentioned health education campaigns to civic educate them on the dangers, effects and harmful consequences of smoking and drinking. 15% of the respondents pointed out educational support to those who dropped out of school due to lack of school fees and other educational resources, so as to reduce the idle time.



Graph 9: A line graph showing some strategies that can be used to enhance quitting of smoking and alcoholism among respondents