



## PATTERNS OF HAZARDOUS DRINKING AND SOCIO DEMOGRAPHIC CHARACTERISTICS AMONG SELECTED TRIBAL COMMUNITY, IN BANGLADESH

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### ABSTRACT

Tribal and minority populations' square measure progressively exposed to risk factors as a results of urbanization. The study was conducted within the Rakhain community in Cox's Bazar district, Bangladesh, with the aims of deciding the patterns of unsafe drinking and their socio demographic characteristics. This cross-sectional study was done among 287 Rakhain people. Informations were collected by face to face interview using pretested structured form. Seriously sick, lunatic person and who weren't interesting to involve were excluded from the study. Substance use was significantly high among the age group of 35-44 years. Their mean age was 40.66 ( $\pm 11.275$ ) years. Majority of the respondents was male 148(52%), married 222(77.4%) and educated up to primary level 179(62.4%). The very best proportion 68(23.7%) of the respondents were housewife and day labourer and lowest was jobless 26(9.1%). Their average monthly family financial gain was 17874.56 ( $\pm 7208.553$ ) Taka. More than fifty percent Rakhain consumed beer as hazardous drinking. Statistically important association was found between their pattern of drinking and socio-demographic characteristics ( $p < 0.001$ ). Hence improvement of educational and employment status of tribals strongly needed. It's dreadfully necessary of interventions to promote knowledge, awareness, and health skill among the ethnic Rakhain tribes to guide a healthy life.

**Keywords:** Behavioural risk factors, Tribal, Bangladesh, Socio-demographic status, Community, Alcohol.

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### Contribution/ Originality

This study is one of very few studies which have investigated to find out the areas where interventions are needed. Findings of this study will help policy makers to prepare appropriate policy to bring healthy Rakhain community which is an ethnic tribal community residing in coastal area of Bangladesh.

### 1. INTRODUCTION

Alcohol misuse could be a major and progressively traceable risk issue for morbidity and mortality worldwide [1-3]. Alcohol consumption is accountable for four wheel drive of worldwide disability-adjusted life years. Unsafe use notably impacts on physical and mental state outcomes, and is related to economic disadvantage in each resource-rich and resource-poor countries [4]. In 2011, the World Health Organization calculate that there have been ~2 billion folks worldwide overwhelming alcohol beverages and 76.3 million had association with alcohol disorder. Globally alcohol consumption reasons 3.2 % of overall human deaths. Worldwide five exploit all human deaths were within the people of five to twenty nine attributed to alcohol use [5]. Alcohol issues exist on a time of severity starting from juicer to alcohol dependence. The damaging effects of alcohol use to health might not

associated solely with the whole volume of consumption or drinking frequency—in truth irregular significant drinking has been established to cause hurt to the drinker. Overwhelming higher volume of alcohol might increase the danger of non-communicable diseases like cancer, cardiovascular disease and intentional injury. Alcohol additionally causes hurt to developing craniates, medical specialty morbidity; as well as depression, anxiety and suicides [5, 6]. It's thought to be a cognitive factor in sixty forms of diseases and injury, a tributary consider two hundred alternative diseases moreover as being related to violence, suicide, maltreatment and illness absence from work [4]. Although the per capita consumption of alcohol varies wide round the world, the burden of illness and death remains important in most countries. Asian nation- Bangladesh is an agro-economic village primarily based country wherever a mixture of ethnic communities lives facet by facet. A community could be a cluster of individuals who share a similar belief system and behave in social conditions consequently. Though any alcohol drinking pattern isn't socially or de jure permissible within the thought culture of Asian nation, day by day the drinking behavior as well as alcohol drinking and alternative medication is increasing among the diverged age, sex, activity, and social teams, particularly within the lower socio-economic class in each rural and concrete areas of the country [7].

Therefore, this study was applied to get insight info relating the patterns of alcohol consumption and socio-demographic characteristics among the chosen ethnic group population in Bangladesh.

## 2. METHODOLOGY

This was a descriptive form of cross-sectional study conducted among 287 tribal participants of sadar upazilla in Cox's Bazar district from January to December 2015 with the aim to perceive socio-demographic characteristics and their alcohol consumption pattern in Rakhain community of Bangladesh. Seriously sick, lunatic person and who weren't interesting to involve were excluded from the study. Participants were elect conveniently and such a approach that every elect unit who gave statement of consumed alcohol for the past twelve months before be a sample. Informations were collected by face to face interview by structured pre-tested survey form. Data processing and analyses were done by the help of SPSS (Statistical Package for Social Sciences) version 16.0. Behavioral risk factors contain smoking pattern, physical exertion, alcohol consumption and healthy diet. Owing to limitation of time and resources the study is conducted only one risk issue (alcohol consumption).

## 3. RESULT

Out of 287 respondents, 101(35%) were within the people of 35-44 years. The mean age of the Rakhain respondents was 40.66( $\pm$ 11.275) years. Majority of the respondents was male 148(52%) and married 222(77.4%). Among the respondents, 179(62.4%) were educated up to primary level. The very best proportion 68(23.7%) of the respondents was housewife and day laborer and lowest was jobless 26(9.1%). Their monthly family financial gain ranged between 15001/- to 20000/- with a mean of 17874.56 ( $\pm$ 7208.553) Bangladeshi monetary units. Among the Rakhain respondents 157(54.7%) lived in joint family and remaining 130(45.3%) lived in nuclear family. Among the respondents 224(78%) had five or less members of the family in their family.

Table-1. Distribution of the respondents by socio-demographic characteristics (n = 287)

Variables	Frequency	Percent
<b>Age group</b>		
25-34 years	75	26.0
35-44 years	101	35.0
45-54 years	63	22.0
55-64 years	48	17.0
Mean = 40.66; (SD = $\pm$ 11.275)		
<b>Sex</b>		
Male	148	52.0
Female	139	48.0
<b>Marital status</b>		
Unmarried	34	11.8
Married	222	77.4
Widow	31	10.8
<b>Educational qualification</b>		
Up to primary	179	62.4
Secondary	46	16.0
Higher secondary and above	62	21.6
<b>Occupation</b>		
Unemployed	26	9.1
House wife	68	23.7
Employee	59	20.5
Small business	66	23.0
Day labour	68	23.7
<b>Monthly income</b>		
Taka $\leq$ 15000	95	32.8
Taka 15001-20000	130	45.6
Taka $>$ 20001	62	21.6
Mean = 17874.56, (SD= $\pm$ 72908.553)		
<b>Type of family</b>		
Nuclear	130	45.3
Joint	157	54.7

Source: Mutalip, et al. [8]

The most usually consumed alcohol among this cluster was beer, followed by gin, and after that palm wine. Thirty one (10.9%) participants had consumed one alcoholic drink daily, 15(5.3%) of the participants consumed one alcoholic drink 5-6 days every week. Concerning 114(39.8%) of the participants consumed one alcoholic drink 1-4 days every week, whereas seventy five (26.0%) consumed one alcoholic drink 1-3 days every week. Fifty one subjects (17.8%) consumed alcohol a minimum of once a month.

**Table-2.** Alcohol consumption pattern among the respondents (n = 287)

Type of Alcohol	Frequency	Percentage
Spirit (Brandy)	09	3.0
Palm wine	40	14.0
Wine	09	3.1
Gin	79	27.5
Beer	144	50.3
Others	06	2.2
<b>Frequency of at least 1 alcohol drink in the last 1 year</b>		
Daily	31	10.9
5-6 days/week	15	5.3
1-4days/week	114	39.8
1-3days/week	75	26.0
Less than $\geq$ 1month	51	17.8
No response	01	0.3

Source: Chukwuonye, et al. [9]

Proportion of current drinker was highest in 45-54 years people (81.2%) and lowest among the people of 55-64 years (44.7%) whereas the proportion of abstainer was highest in 55-64 years people (55.3%), and lowest among the people of 35-44 years (6.7%). This association between alcohol consume category and age group of the respondents was found statistically important ( $p < 0.001$ ). The proportion of current drinker was higher in male (79.7%) than female (63.3%). The association between alcohol consume status and sex of the respondent is statistically significant ( $\chi^2=13.12$ ,  $p = 0.001$ ). Majority of the married respondents were current drinker (77.5%) and widow/ widower were abstainer (61.3%). The relationship between alcohol consume status and marital status of the respondent of the respondent is statistically important ( $\chi^2=41.59$ ,  $p < 0.001$ ). Majority of this drinker were skilled laborer (81.9%). The highest proportion of the non drinker was in unemployed 1(2.9%) and lowest among employee 8(13.6%). The association between alcohol consume status and occupational status of the respondent is statistically important ( $\chi^2=83.20$ ,  $p < 0.001$ ).

**Table-3.** Distribution of the respondents by socio-demographic characteristics and their alcohol consume status (n= 287)

Age in years	Alcohol consume status			$\chi^2$	p value
	Abstainer n(%)	Current drinker n(%)	Non drinker n(%)		
25-64	16(15.8)	76(75.2)	9(8.9)	56.97	<0.001
35-44	5(6.7)	57(76.0)	13(17.3)		
45-54	10(15.6)	52(81.2)	2(3.1)		
55-64	26(55.3)	21(44.7)	0(0)		
<b>Sex of the respondents</b>					
Male	25(16.9)	118(79.7)	5(3.4)	13.12	0.001
Female	32(23.0)	88(63.3)	19(13.7)		
<b>Marital status</b>					
Unmarried	9(26.5)	22(64.7)	3(8.8)	41.59	<0.001
Married	29(13.1)	172(77.5)	21(9.5)		
Widow /	19(61.3)	12(38.7)	0(0)		
Widower					
<b>Occupation of the respondents</b>					
Unemployed	21(60.0)	13(37.1)	1(2.9)	83.20	<0.001
Employee	9(15.3)	42(71.2)	8(13.6)		
Skilled	18(9.3)	158(81.9)	17(8.8)		

Source: Uddin [7]

#### 4. DISCUSSION

The importance of conducting alcohol explore among tribal group is, as this cluster of population is minority and lives largely aloof from the most stream of society, constructing their homes in the mainly within the forest and valley regions of Ramu, Cox's Bazar, Bandarban, Manikchhari and Teknaf, pockets of Chittagong district turning into a threat to the nation's welfare. Out of 287 respondents, 101(35%) were within the age bracket of 35-44 years. The mean age of the Rakhain respondents was 40.66( $\pm 11.275$ ) years. A study conducted in North Bengal, India [10] wherever 37.6% respondents were from the age range of 35-49 years. This study found gender variations on alcohol consumption wherever males were predominant than females, that is consistent with different studies [11-14]. Among the respondents, 179(62.4%) were educated up to primary level. This finding was similar with NCD survey [15]. Within the study, it was absolutely found that the tiny proportion of the respondents was jobless and proportion of different occupations (employee, day labourer and small businessman) were virtually equal. It absolutely was per a study carried out in Kerala, India [16]. Their monthly family financial gain ranged between 15001/- to 20000/- with a median of 17874.56 ( $\pm 7208.553$ ) Bangladeshi monetary unit. This finding corresponded with a study done by Markovic, et al. [17]. Among the Rakhain respondents 157(54.7%) lived in joint family and 224(78%) had five or less members in their family.

The foremost usually consumed alcohols among this cluster were beer, followed by gin, and so palm wine. Majority drinkers chose beer than any other beverages as beer is well accessible at the markets compared with other alcoholic beverages [8]. Thirty one (10.9%) participants had consumed one alcoholic drink daily, 15(5.3%) of the participants consumed one alcoholic drink 5-6 days every week. regarding 114(39.8%) of the participants consumed one alcoholic drink 1-4 days every week, whereas 75(26.0%) consumed one alcoholic drink 1-3 days every week. Fifty one subjects (17.8%) consumed alcohol a minimum of once a month. These findings are in concurrence with a study conducted at Abia state in Nigeria [9]. Proportion of current drinker was highest in 45-54 years age range (81.2%) and lowest among the age range of 55-64 years (44.7%) whereas the proportion of abstainer was highest in 55-64 years age group (55.3%), and lowest among the age group of 35-44 years (6.7%). This association between alcohol consume condition and age range of the respondents was found statistically significant ( $p < 0.001$ ). The proportion of current drinker was higher in male (79.7%) than female (63.3%). The link between alcohol consume status and sex of the respondent is statistically important ( $\chi^2=13.12$ ,  $p = 0.001$ ). Majority of the married respondents were current drinker (77.5%) and widow/ widower were abstainer (61.3%). The association between alcohol consume standing and marital status of the respondent is statistically significant ( $\chi^2=41.59$ ,  $p < 0.001$ ). Majority of the present drinker were trained laborer (81.9%). The very best proportion of the non drinker was in unemployed 1(2.9%) and lowest among employee 8(13.6%). The association between alcohol consume standing and occupational status of the respondent is statistically important ( $\chi^2=83.20$ ,  $p < 0.001$ ).

#### 5. CONCLUSION

Based on the findings from the survey, there is necessitate for the varied authorities; together with native Governments, state and federal Governments to coach the population more on the menace of excessive alcohol consumption. This could be by means that of jingles within the mass media. The persons may additionally be educated on this hazard through, faculty lecturers, and religious leaders. There is additionally ought to established rehabilitation centers in most cities to cater for people who have drinking issues. Moreover, there is conjointly got to enforce it on alcohol producing companies to attach the warning that excessive alcohol consumption is injurious to health to their labels and adverts among the mass media.

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