

THE RELATIONSHIP BETWEEN THE MOTIVES AND PATTERNS OF ALCOHOL USE AMONG THE YOUTH IN GAUTENG

MJ MOTHATA¹, C Van Rooyen², PN Musetha² and Prof M Maepa¹

School of Medicine, Department of Clinical Psychology, Sefako Makgatho Health Sciences University, South Africa¹

School of Medicine, Department of Psychology, Sefako Makgatho Health Sciences University, South Africa²

BACKGROUND AND OBJECTIVES: Alcohol consumption among youth and older adults is one of the most significant public health concerns, contributing to a range of social, health, and economic problems. The study aims to determine the relationship between the motives and patterns of alcohol use among the youth in Gauteng.

METHODS: The study explored the relationship between the motives for alcohol use and alcohol use patterns among the youth in Gauteng by following a quantitative research method, cross sectional approach. A total of 129 participants aged 18 – 24 years were recruited using online platforms such as WhatsApp, Twitter, Facebook and Instagram and were selected as study participants by completing an online survey Google form. The Google form assessed the drinking motives and alcohol use patterns using Drinking Motives Questionnaire (DMQ-R) and Alcohol Use Disorders Identification Test (AUDIT). All the statistical analysis used in this study was conducted using SPSS v.27.

RESULTS: The results of the study found that the youth reported 52.7 % for low-risk drinking, medium risk drinking (34.8 %), high risk drinking (6.3 %) and alcohol dependent drinking (6.2 %). Youth drank alcohol mostly for social motives, followed by enhancement motives then coping motives and conformity motives. Furthermore, males drank more alcohol than females, however there was no significant gender difference for all four motives to drink alcohol. Overall, the study found that there was a significant relationship between motives of alcohol use and patterns of alcohol use.

CONCLUSION: The study established that the prevalence of alcohol use for the youth was low risk, although they were some participants who were hazardous drinkers and possible alcohol dependence drinkers. This indicates that there is problematic drinking among the youth and interventions must be done to curb the risky drinking.