

EFFECT OF YOUTH ALCOHOLISM ON THE ACHIEVEMENT OF SUSTAINABLE DEVELOPMENT GOALS IN MUBI METROPOLIS, ADAMAWA STATE

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Abstract

This study examined the effect of youth alcoholism on the achievement of Sustainable Development Goals (SDGs) in Mubi metropolis, Adamawa State. The data was analyzed with the aid of descriptive and inferential statistics; mean, standard deviation and correlation analysis. The results obtained from the test of hypothesis (H_01) revealed that youth alcoholism has a significant effect on good health and well-being in Mubi metropolis with $P < 0.05$. The hypothesis two (H_02) states that, alcoholism does not affect decent work and economic productivity is rejected in Mubi metropolis. Hypothesis three (H_03) also revealed that youth alcoholism has a significant influence on the quality of education in Mubi metropolis. The correlations analysis was observed among the SDGs for good health and well-being (SDG 3), and decent work and economic productivity (SDG 8) which shows a strong positive correlation ($r = 0.899$, $p = 0.000$), indicating that improvements in youth health are strongly associated with better employment outcomes. The findings indicate that youth alcoholism has significant social, health, educational, and economic implications in Mubi metropolis. The study concludes that youth alcoholism poses challenges to the achievement of Sustainable Development Goals (SDGs) in Mubi metropolis. The study recommended that government should intensify public awareness and sensitization campaigns on the health and developmental consequences of youth alcoholism, with specific focus on promoting good health and well-being in line with sustainable development goals.

Keywords: achievement, alcoholism, development, goals, sustainable and youth.

1.0 Introduction

The Sustainable Development Goals (SDGs), adopted by the United Nations in 2015, represent a global framework aimed at promoting sustainable development through improved health, education, economic growth, and social well-being. Among these goals, SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 8 (Decent Work and Economic Growth), and SDG 16 (Peace, Justice and Strong Institutions). However, the rising incidence of alcoholism among youths has emerged as a major threat to achieving these Sustainable Development Goals, especially in developing countries like Nigeria (Ekeke & John, 2023).

According to the World Health Organization (WHO, 2022), misuse of alcohol is one of the leading causes of death and disability worldwide, accounting for approximately three

million deaths annually. This alarming trend directly undermines the achievement of Sustainable Development Goals (SDG 3), which emphasizes ensuring healthy lives and promoting well-being for all. Beyond health implications, excessive alcohol consumption among youths contributes to social and economic challenges, including reduced productivity, increased healthcare costs, and weakened human capital development. These consequences significantly hinder progress toward SDG 4 and SDG 8, as alcohol abuse negatively affects educational attainment and future employability (Ekeke & John, 2023).

In many African societies, alcohol consumption is deeply embedded in cultural and social practices, often associated with ceremonies and communal activities (Galvani, 2015). However, recent reports by the African Union (2023) indicate a troubling increase in alcohol consumption among young people across the continent. This trend poses serious implications for sustainable development, particularly in relation to SDG 16, as alcohol-related crimes and violence undermine efforts to build peaceful and inclusive societies. The situation is further exacerbated by the widespread availability of cheap and poorly regulated locally brewed alcoholic beverages such as ogogoro and burukutu. These drinks are highly intoxicating and easily accessible, even to underage individuals, thereby increasing the prevalence of alcohol abuse (Okeke, Ogbu & Adebayo, 2023). Consequently, public health outcomes deteriorate, and cycles of poverty are reinforced, posing a significant challenge to achieving SDG 1 (No Poverty).

In Nigeria, the growing rate of alcohol consumption among youths presents a significant obstacle to the attainment of SDG targets. With over 60% of its population under the age of 25 (National Population Commission, 2023), Nigeria possesses a large youth population that could drive economic growth and development. However, this potential is increasingly threatened by early exposure to alcohol, often influenced by peer pressure, family background, and weak regulatory enforcement (Eze & Ibrahim, 2022). Studies have shown that unemployment and rapid urbanization are key drivers of youth alcoholism, contributing to increased levels of addiction, mental health issues, and social vices. These factors undermine SDG 3 and SDG 4 by impairing cognitive development, reducing academic performance, and limiting opportunities for productive engagement (Nwankwo, Afolabi & Musa, 2023; United Nations Development Programme, 2018).

In addition, alcohol dependence often leads to job loss and financial instability, worsening poverty and other social challenges. These negative effects extend beyond individuals, affecting families and entire communities by weakening social bonds and slowing development efforts (Nwankwo *et al.*, 2023). Youth alcoholism is also strongly associated with factors such as peer pressure, unemployment, family instability, and cultural influences, all of which create an environment that encourages substance abuse (Adewole *et al.*, 2022). Findings from a study by Akokuwebe, Idemudia, and Okuneye (2024) revealed that 89.5% of youths

involved in substance abuse identified enjoyment as one of the main reasons for their drinking behavior. This underscores the urgent need for alternative recreational activities and improved economic opportunities for young people". Against this background, the present study examines the effects of youth alcoholism on the achievement of Sustainable Development Goals in Mubi North and Mubi South Local Government Areas of Adamawa State.

Youth alcoholism in Mubi North and Mubi South Local Government Areas of Adamawa State has become a significant public health and socio-economic concern with implications for sustainable development. The increasing rate of alcohol consumption among youths in these areas is grossly a setback to efforts put towards achieving the SDGs. This trend has led to adverse outcomes such as poor physical health, mental health disorders, increased criminal activities, and the breakdown of family and social structures.

In Mubi metropolis, limited job opportunities and lack of youth engagement programs create conditions of frustration and idleness, leading many youths to adopt alcohol consumption as a coping mechanism (Eze & Ibrahim, 2022). This situation negatively affects SDG 4 and SDG 8 by contributing to poor academic performance, school dropout, low skill acquisition, reduced productivity, and unemployment. Increased alcohol consumption among young people is largely as the result of bad cultural practices. Nwankwo *et al.* (2023) observe that alcohol is widely used in traditional ceremonies and social gatherings, making excessive drinking socially acceptable among youths. This cultural acceptance hinders behavioral change and weakens efforts to address substance abuse. Furthermore, youth alcoholism is associated with increased violence, crime, and social instability.

Given these challenges, youth alcoholism in Mubi North and Mubi South represents a multidimensional problem affecting health, education, economic productivity, and social stability. Therefore, this study examines the socio-economic, cultural, and health-related factors influencing youth alcoholism in the study area with a view to providing evidence-based solutions for sustainable development.

The following research questions are as follows:

- i. How does youth alcoholism affect good health and well-being in Mubi metropolis?
- ii. In what ways does youth alcoholism influence quality education in Mubi metropolis?

The broad objective was to examine the effect of youth alcoholism on sustainable development goals in the areas. The specific objectives are to:

- i. Examine the effects of youth alcoholism on achieving good health and well-being in Mubi metropolis.

- ii. Evaluate the influence of youth alcoholism on quality education in Mubi metropolis.

The following null hypotheses are formulated to guide the study;

H₀₁: Youth alcoholism does not affect good health and well-being in Mubi metropolis.

H₀₂: Youth alcoholism does not influence quality education in Mubi metropolis.

2.0 Literature Review and Theoretical Framework

Alcoholism

Alcoholism is a complex condition that can mean different things depending on the context. Scholars define it in various ways, reflecting its many dimensions. According to the American Psychiatric Association (APS, 2023), alcohol abuse defines as alcohol use disorder (AUD) is a long-term illness in which people find it difficult to control their drinking, even when it leads to serious problems. The condition develops due to a mix of factors, including genetics, mental health, social influences, and the environment. Those affected may develop physical dependence, need increasing amounts of alcohol to feel its effects, and experience withdrawal symptoms when they stop drinking, showing that AUD impacts both the mind and the body (APS, 2023).

The World Health Organization (WHO) describes alcoholism as a condition in which a person's drinking negatively affects their health, relationships, and social or economic well-being (WHO, 2018). People with this condition often develop a dependence on alcohol, experiencing tolerance, withdrawal symptoms, and a strong, persistent urge to drink. Research by Grant, Goldstein, and Saha (2015) suggests that genetic, environmental, and psychological factors all play a role in the development of alcoholism. The condition can have serious health consequences, including liver disease, heart problems, and damage to the nervous system, and it is often linked to mental health issues such as depression and anxiety (Rehm *et al.*, 2017).

The sociocultural perspective sees alcoholism as shaped by societal norms, cultural practices, and environmental influences. In many societies, alcohol is deeply embedded in social life, acting as a social lubricant, a ritualistic element, or even a status symbol. However, when drinking is normalized, it can lead to unhealthy patterns. Factors like peer pressure, socioeconomic conditions, and urbanization have been linked to increased alcohol use (Dumbili & Williams, 2017).

Sustainable Development Goals (SDGs)

The concept of sustainable development, which underpins the Sustainable Development Goals (SDGs), was introduced in the 1987 Brundtland Commission Report, *Our Common Future*. The report defines sustainable development as "development that

meets the needs of the present without compromising the ability of future generations to meet their own needs” (World Commission on Environment and Development, 1987). This definition highlights three interconnected dimensions economic growth, social inclusion, and environmental protection that form the foundation of the SDGs.

However, social challenges such as youth alcoholism can hinder progress toward these interconnected goals, especially in developing countries like Nigeria. Excessive alcohol consumption among young people negatively affects their health, education, and future employment prospects, undermining both community and national development (Eze & Okafor, 2021). The United Nations Development Programme (UNDP, 2018) emphasizes that achieving the SDGs requires a collaborative effort among governments, civil society, the private sector, and citizens. For countries like Nigeria, the SDGs serve as a strategic guide to align national policies with global development priorities (Federal Government of Nigeria, 2020). Yet, youth alcoholism remains a major obstacle, affecting goals such as good health and well-being (Goal 3), quality education (Goal 4), and decent work and economic growth (Goal 8). Young people who misuse alcohol are at higher risk of health complications, poor academic performance, and reduced productivity, slowing progress toward sustainable development in their communities (Eze & Okafor, 2021).

In Nigeria, the implementation of the SDGs is coordinated through the Office of the Senior Special Assistant to the President on SDGs (OSSAP-SDGs) in partnership with federal ministries, state governments, and development partners. While progress has been made in areas like education and poverty reduction, alcohol and drug abuse among youths continue to pose significant barriers (Federal Government of Nigeria, 2020). Youth alcoholism not only increases the prevalence of diseases such as liver cirrhosis, cardiovascular disorders, and mental health issues, but also leads to school dropout, antisocial behavior, and economic inactivity, which impede SDGs related to health, education, and work.

Finally, sustainable development depends on a balance between social well-being, economic growth, and environmental protection. Youth alcoholism disrupts this balance by weakening human and social capital. It contributes to family breakdown, domestic violence, accidents, and poor decision-making, all of which reduce community cohesion and social trust, essential elements for achieving the SDGs (Eze & Okafor, 2021). The effects of alcohol misuse extend beyond individuals, influencing community productivity, peace, and the integrity of institutions.

Youths

The concept of youth is dynamic and multifaceted, attracting increasing attention from researchers in recent years (Chandra-Mouli, 2020). The United Nations defines youth as individuals between the ages of 15 and 24, though this range may vary depending on cultural

and national contexts (United Nations, 2020). Youth represents a critical stage of transition, self-exploration, and identity formation, during which young people experiment with different roles, values, and beliefs (Arnett, 2021). It is not defined solely by age but also by the roles and responsibilities individuals assume, such as pursuing education, exploring career paths, and establishing personal identity. Sociologists note that youth play a central role in shaping social norms and driving cultural and technological change (Furlong, 2021).

Youth is also closely associated with the idea of transition, as individuals navigate the challenges of adolescence while preparing for adulthood (Havighurst, 2023). This transition is shaped by family, peers, education, and socioeconomic circumstances (Bronfenbrenner, 2023). Broadly, youths occupy the stage between childhood and adulthood, a period marked by growth, exploration, and the development of independence. Economically, they are vital to societal growth and innovation, contributing to labor markets and entrepreneurial activities. Yet, many face obstacles such as unemployment, underemployment, and economic exclusion, particularly in developing nations, which can limit their potential and even contribute to social unrest or migration (International Labour Organization, 2022).

Effect of Alcoholism on Good Health and Well-being

Alcoholism has significant adverse effects on good health and well-being, posing a major challenge to the attainment of Sustainable Development Goal (SDG) 3, which emphasizes ensuring healthy lives and promoting well-being for all. According to the World Health Organization (WHO, 2022), harmful use of alcohol is a leading risk factor for global disease burden, contributing to approximately three million deaths annually. Alcohol consumption is associated with a wide range of non-communicable diseases such as liver cirrhosis, cardiovascular diseases, and certain cancers. In addition, excessive alcohol intake weakens the immune system, increasing vulnerability to infectious diseases and reducing overall life expectancy.

Alcoholism also undermines social well-being by disrupting interpersonal relationships and weakening social cohesion. Individuals with alcohol dependence often experience family conflicts, domestic violence, and social isolation. Research indicates that alcohol-related harm extends beyond the individual user to affect families and communities, leading to increased cases of child neglect, marital instability, and reduced social support systems (Room *et al.*, 2018). These social consequences contribute to a decline in overall well-being and quality of life.

Influence of Alcoholism on Quality Education

Alcoholism also contributes to increased rates of absenteeism and school dropout among students. Frequent alcohol use leads to irregular school attendance, lack of

commitment to academic activities, and poor time management. Empirical studies have shown that students who abuse alcohol are more likely to miss classes, perform poorly in assessments, and eventually withdraw from school (Balsa, Giuliano, & French, 2011). This trend poses a serious challenge to achieving universal access to education, as it reduces school retention rates and limits educational attainment among youths.

In addition, alcoholism negatively impacts students' psychological well-being, which is crucial for effective learning. Alcohol abuse is strongly linked to mental health problems such as anxiety, depression, and low self-esteem. These conditions reduce students' motivation to learn, limit their academic engagement, and hinder their ability to achieve educational goals. The United Nations Educational, Scientific and Cultural Organization (UNESCO, 2019) emphasizes that a healthy mental state is essential for quality education, as it supports active participation and cognitive development.

Effect of Alcoholism on Decent Work and Economic Productivity

Alcoholism has profound negative effects on decent work and economic productivity, thereby undermining the realization of Sustainable Development Goal (SDG) 8, which promotes sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all. Excessive alcohol consumption reduces individuals' capacity to function effectively in the workplace, leading to decreased productivity and poor job performance. According to the World Health Organization (WHO, 2022), harmful alcohol use impairs cognitive and physical abilities, resulting in reduced efficiency, increased errors, and lower overall output among workers.

One of the major ways' alcoholism affects economic productivity is through increased absenteeism and presenteeism. Workers who abuse alcohol are more likely to miss work due to illness or hangovers, while those who are physically present may perform below their optimal capacity. Studies have shown that alcohol-related absenteeism significantly reduces labor productivity and imposes substantial costs on employers and national economies (Rehm *et al.*, 2017). In addition, alcohol dependence is associated with lateness, poor concentration, and inability to meet job demands, which further compromises workplace performance.

Alcoholism also contributes to higher rates of unemployment and job instability. Individuals struggling with alcohol dependence often experience difficulty maintaining consistent employment due to declining work performance, disciplinary issues, and strained relationships with employers and colleagues. Over time, this leads to job loss, reduced income, and increased vulnerability to poverty. The United Nations Development Programme (UNDP, 2018) emphasizes that substance abuse among youths limits their employability and reduces their participation in productive economic activities, thereby hindering economic growth.

Theoretical Framework

Strain Theory

Strain Theory is a sociological theory of deviance propounded by Robert K. Merton in 1938. It explains that deviant behavior arises when there is a disjunction between culturally approved goals and the institutionalized means available to achieve those goals. In most societies, success is measured by achievements such as wealth, education, and social status; however, not all individuals have equal access to legitimate opportunities to attain these goals. This inequality creates pressure or “strain,” which may lead individuals to adopt alternative and sometimes deviant means of coping, including substance abuse such as alcoholism (Merton, 1938).

Merton later identified five modes of individual adaptation to this strain: conformity, innovation, ritualism, retreatism, and rebellion. Of particular importance to this study is retreatism, which refers to individuals who reject both societal goals and legitimate means and instead withdraw from society. Such individuals often resort to substance abuse, including alcohol, as a way of escaping frustration and failure (Agnew, 1992). Over time, the theory was further developed by scholars such as Robert Agnew, who expanded it into General Strain Theory, emphasizing that strain can also result from the loss of positive stimuli or the presence of negative experiences, not just economic failure.

Application of the Theory

Strain Theory is highly relevant in explaining youth alcoholism with many young people experiencing persistent socio-economic hardship, including unemployment, poverty, and limited access to quality education and skill acquisition opportunities. According to Adebowale and Bassey (2022), such structural inequalities create frustration, hopelessness, and a sense of social exclusion among rural youths. In response to these pressures, some youths resort to alcohol consumption as a coping mechanism to temporarily escape stress and emotional distress (Eze & Ibrahim, 2023).

In this theory, alcoholism can be understood as a form of “retreatism,” where individuals withdraw from societal expectations due to their inability to achieve success through legitimate means. The absence of functional recreational facilities, weak youth empowerment programs, and limited economic opportunities further intensify this strain, making alcohol use an accessible form of relief from daily frustrations. This pattern demonstrates how structural inequalities can translate into maladaptive behavioral outcomes among young people. The above situation hinders the achievement of many Sustainable Development Goals such as good health and wellbeing, quality education, e.tc.

Criticism of the Theory

Despite its explanatory strength, Strain Theory has faced some criticisms. One major criticism is that it overemphasizes economic and structural factors while neglecting individual personality traits, cultural values, and psychological differences that also influence behavior. Critics argue that not all individuals who experience poverty or unemployment engage in deviant behaviors such as alcoholism, indicating that strain alone is not sufficient to explain deviance (Cullen & Agnew, 2006). Another limitation is that the theory tends to be overly deterministic, assuming a direct link between strain and deviance without adequately considering resilience factors, social support systems, or coping mechanisms that may prevent individuals from engaging in alcohol abuse.

Strain Theory does not fully explain why individuals from relatively affluent backgrounds also engage in alcoholism, suggesting that factors such as peer influence and social learning also play important roles. Despite the above criticisms, the theory provided a theoretical framework in explaining the cause and effects of youth alcoholism to the achievement of sustainable development goals in Mubi metropolis. High percentage of young people ended in the abuse of alcohol due to the inability to meet up with certain goals of life leading them to totally retreat in finding legitimate ways to achieve those goals.

Relevance of the Theory to the Study

Strain Theory is highly relevant to this study because it provides a strong theoretical foundation for understanding the socio-economic drivers of youth alcoholism in Adamawa State. The theory explains how unemployment, poverty, and lack of educational opportunities create pushes youths toward alcohol use as a coping strategy. It also clarifies how structural inequality can lead to social withdrawal and substance dependence among young people. Furthermore, the theory supports the understanding that youth alcoholism is not merely an individual choice but a response to broader socio-economic conditions.

In Mubi metropolis, where opportunities for legitimate success are sometimes limited, Strain Theory highlights how frustration and blocked aspirations contribute to alcohol abuse. Therefore, the theory is essential for guiding policy interventions aimed at reducing socio-economic strain, improving youth opportunities, and ultimately curbing alcoholism and ensuring the achievement of Sustainable Development Goals.

The theory had captured the major and most frequent structural reasons that made young people not to focus in positive engagements but tend to resort to retreatism as explained by Robert Merton.

Empirical Review

Various scholars have examined different dimensions of youth alcoholism in both developed and developing countries. One such study is that of Anthony (2025), who investigated the factors associated with alcohol abuse among youths aged 15–25 years working at a starch factory in Lira Municipality, Uganda. The study employed a questionnaire-based survey, and the collected data were analyzed quantitatively and presented in tabular form. Findings from the study indicated that alcohol abuse among youths was strongly influenced by environmental factors, particularly the widespread availability of alcohol, the presence of local breweries, and the impact of persuasive alcohol advertisements. In addition, socio-economic factors such as peer pressure, prevailing social norms, unemployment-related stress, and boredom were identified as significant contributors. The study therefore concluded that the interaction of easy alcohol availability, aggressive advertising, adverse socio-economic conditions, and peer influence constitutes the major drivers of alcohol abuse among youths in Lira District, Uganda.

Okere (2025) examined the influence of alcohol consumption among secondary school students in Etche Local Government Area of Rivers State, with particular emphasis on its implications for counselling. The study utilized a correlational research design, and the population comprised all secondary school students within the study area. A sample of 200 students was selected using a stratified sampling technique, with the sample size determined through Taro Yamane's formula. Data were collected using a researcher-designed questionnaire titled "Influence of Alcohol among Secondary School Students in Etche Local Government Area of Rivers State". The instrument was validated by two specialists in Educational Psychology, Guidance, and Counselling, while reliability was established using the test-retest method. Data analysis involved the use of mean and standard deviation to address the research questions, while the independent t-test was employed to test the hypotheses at the 0.05 level of significance. The findings revealed that alcohol use among secondary school students varied significantly according to gender, parental socio-economic status, class level, and school type. Based on these results, the study recommended that parents and teachers should actively support students in developing strong self-esteem, which would enable them to resist peer pressure and reduce their vulnerability to alcohol consumption.

Ijiga and Akpe (2025) investigated the prevalence and patterns of alcohol use and abuse among secondary school students in Makurdi Local Government Area of Benue State, Nigeria. The study adopted a cross-sectional descriptive research design, with the target population comprising all secondary school students within the LGA. A multistage sampling technique was used to select 14 secondary schools and a total of 386 students. Data were collected using a self-developed questionnaire and analyzed with IBM SPSS version 21, while

hypotheses were tested using the Chi-square test at a 0.05 level of significance. The findings revealed that most respondents were female (50.5%), predominantly Christian (96.1%), and aged between 10 and 18 years. The prevalence of alcohol use and abuse was found to be 42.5%, with initiation commonly occurring between the ages of 13 and 14 years. Male students accounted for a higher proportion of drinkers (59.8%). Friends were identified as the primary source of alcohol, while some students purchased alcohol themselves. Pocket money and money obtained from parents under false pretenses were the main sources of funding. Feelings of happiness were among the commonly reported effects of intoxication. The study concluded that alcohol use among secondary school students in Makurdi LGA is alarmingly high, with early initiation posing serious concerns. Consequently, the authors recommended the development and implementation of effective underage alcohol prevention strategies in the area.

Agubosi, Abiola, and Anthony (2025) examined the relationship between substance abuse and delinquent behaviors among secondary school students in Kwara State, Nigeria. The study also assessed the influence of gender, age, school type, and class level on delinquent behavior. A correlational survey research design was employed, guided by two research questions and five null hypotheses. The study population consisted of 403 secondary school students, selected through a multistage sampling technique. Data were collected using a structured instrument titled Substance Abuse and Delinquent Behaviours Questionnaire (PISADBQ). Data analysis involved both descriptive and inferential statistics, including percentages, mean scores, rank order, t-tests, and analysis of variance (ANOVA), with hypotheses tested at the 0.05 significance level. The results indicated a generally low level of substance abuse and delinquent behavior among the respondents. However, a statistically significant relationship was found between substance abuse and delinquent behavior. Significant differences in delinquency were also observed based on gender, age, and school type. Based on these findings, the study recommended that school authorities intensify efforts to discourage substance abuse, while professional counsellors should design age-appropriate intervention programmes aimed at preventing substance abuse and reducing its influence on delinquent behavior.

Usoro *et al.* (2025) examined the prevalence and factors contributing to drug and alcohol use among young people in South-South Nigeria. The study adopted a cross-sectional descriptive research design and involved 450 respondents, selected through a multi-stage sampling technique. Data were collected using interviewer-administered structured questionnaires. Manual data analysis was conducted, and the chi-square test was used to determine the significance of relationships between categorical variables at a p-value < 0.05. The demographic distribution showed that 241 respondents (53.6%) were male, while 209 (46.4%) were female, with the majority (54.5%) aged between 19 and 21 years. The findings

revealed that 182 respondents (40.4%) reported the use of one or more substances. Alcohol emerged as the most commonly used substance, followed by paracetamol and cigarettes. Negative peer influence (93.1%) and lack of parental care (87.3%) were identified as the most significant factors contributing to substance use. The study concluded that drug and alcohol use among adolescents is a widespread social problem in the region, disproportionately affecting young people. It further emphasized the critical role of peer pressure and family influence in the initiation and continuation of substance and prescription drug abuse.

3.0 METHODOLOGY

This study used descriptive survey research design, this study happened in Mubi metropolis and it made up of Mubi North and Mubi South urban centre. The study population comprised the entire projected population of the Mubi metropolitan area.

The combined population of Mubi North and Mubi South Local Government Areas is 444,895. The Taro Yamane formula was used to determine the appropriate sample size, ensuring statistical accuracy and representativeness for the study.

$$n = \frac{N}{1+N(e)^2}$$

Where:

n = the sample size

N = Population (444,895)

e = error term (5% on the basis of 95% confidence interval)

Thus;

$$n = \frac{444895}{1+444895(0.05)^2}$$

$$n = \frac{444895}{1+444895 (0.0025)}$$

$$n = \frac{444895}{1+1112.2375}$$

$$n = \frac{444895}{1113.2375} = 399.640$$

$$n \approx 400$$

Therefore, the sample size of the study is 400.

This study used primary data sources. The primary data was collected from respondents through administered questionnaires using the Kobo Collect application for efficient digital data collection. The questionnaires consisted of closed-ended items, designed to ensure that

the information gathered is directly relevant to the research questions, allowing for accurate and meaningful analysis.

The data for this study was collected using Kobo Collect, an app designed for primary data collection. The data collected for this study were analyzed using inferential statistical techniques. The level of statistical significance was set at $p < 0.05$, and all analyses were conducted using the IBM Statistical Package for the Social Sciences (SPSS), version 23.0.

4.0 RESULT AND DISCUSSION

Table 1: Demographic Composition of respondents

Variables	Categories	Frequency	Percentage (%)
Gender	Male	313	81.5
	Female	71	18.5
	Total	384	100.0
Age	15-20	86	22.4
	21-25	67	17.4
	26-30	85	22.1
	31-35	86	22.4
	36 and above	60	15.6
	Total	384	100.0
Marital Status	Single	159	41.4
	Married	104	27.1
	Divorced	103	26.8
	Widowed	18	4.7
	Total	384	100.0
Educational Level	No Formal Education	157	40.9
	Primary	117	30.5
	Secondary	75	19.5
	Tertiary	35	9.1
	Total	384	100.0
Employment Status	Employed	65	16.9
	Unemployed	223	58.1
	Student	73	19.0
	Self-employed	23	6.0
	Total	384	100.0

The table presents the demographic characteristics of the respondents involved in the study. The gender distribution shows that the majority of the respondents were male, with 313 respondents representing 81.5%, while female respondents constituted 71 respondents representing 18.5%. This indicates that males dominated the study population, suggesting that male youths were more accessible or more involved in the activities under investigation within the study area. The age distribution further revealed that respondents were fairly distributed across different age groups. The highest proportions were found among respondents aged 15–20 years and 31–35 years, each representing 22.4%, followed closely by those aged 26–30 years with 22.1%. Respondents aged 21–25 years accounted for 17.4%, while those aged 36 years and above constituted the lowest proportion with 15.6%. This indicates that the study largely involved youths and young adults, who represent the active and productive population within the study area. The marital status distribution revealed that single respondents constituted the majority with 41.4%, followed by married respondents with 27.1%, divorced respondents with 26.8%, while widowed respondents represented only 4.7%. This suggests that a large proportion of the respondents were unmarried youths who may have greater social freedom and exposure to different behavioural patterns. The educational level of respondents showed that 40.9% had no formal education, 30.5% had primary education, 19.5% had secondary education, while only 9.1% had tertiary education. This indicates a generally low educational level among respondents, which may affect access to information and decision-making abilities. Furthermore, the employment status showed that the majority of respondents were unemployed, representing 58.1%, while 19.0% were students, 16.9% were employed, and only 6.0% were self-employed. The high level of unemployment among respondents suggests economic challenges within the study area, which may increase vulnerability to negative social behaviours and limit opportunities for productive engagement among youths.

Hypotheses Testing

H₀₁: Youth alcoholism does not affect good health and well-being in Mubi metropolis.

Table 2: Chi-Square Tests

	Value	Df	Asymptotic Significance (2-sided)
Pearson Chi-Square	358.874 ^a	4	.000
Likelihood Ratio	336.437	4	.000
Linear-by-Linear Association	175.691	1	.000
N of Valid Cases	384		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 13.50.

Decision Rule: $X^2(4) = 358.874^a$, $P \leq 0.05$

The Chi-square analysis presented in Table 2 reveals a Pearson Chi-Square value of $\chi^2 = 358.874$ with 4 degrees of freedom and a p-value of 0.000, indicating a statistically significant relationship between youth alcoholism and good health and well-being. Given that the p-value is below the 0.05 threshold, the null hypothesis (H_0) is rejected. This confirms that youth alcoholism significantly affects the health and well-being of individuals in Mubi metropolis. Further supporting this conclusion, the Likelihood Ratio is 336.437 ($p < 0.05$), and the Linear-by-Linear Association is 175.691 ($p < 0.05$), highlighting a strong and consistent pattern across respondents' perceptions. These findings are consistent with the works of Adepoju *et al.* (2018) and Dumbili (2020), which emphasize that alcohol misuse among youths leads to serious health consequences, including both physical ailments and mental health challenges.

H_02 : Youth alcoholism does not influence quality education in Mubi metropolis.

Table 3: Chi-Square Tests

	Value	Df	Asymptotic Significance (2-sided)
Pearson Chi-Square	11.466 ^a	4	.022
Likelihood Ratio	11.354	4	.023
Linear-by-Linear Association	4.671	1	.031
N of Valid Cases	384		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 12.76.

Decision Rule: $X^2 (3) = 11.466^a$, $P \leq 0.05$

The Chi-square results presented in Table 3 were used to test Hypothesis three (H_02). The analysis yielded a Pearson Chi-Square value of $\chi^2 = 11.466$ with 4 degrees of freedom and a p-value of 0.022, indicating a statistically significant relationship between youth alcoholism and quality education. Since the p-value is below the 0.05 threshold, the null hypothesis, which states that youth alcoholism does not influence quality education in Mubi metropolis, is rejected. This conclusion is further supported by the Likelihood Ratio Chi-Square ($\chi^2 = 11.354$, $p = 0.023$) and the Linear-by-Linear Association ($\chi^2 = 4.671$, $p = 0.031$), both demonstrating a consistent pattern. The results suggest that youth alcohol consumption significantly impairs educational outcomes, corroborating findings by Adepoju *et al.* (2018), which indicate that alcohol misuse among youths contributes to lower academic performance, reduced learning efficiency, and overall diminished educational achievement.

Summary of Findings

The summary of major findings are as follows:

- i. The findings showed that youth alcoholism was found to significantly affect good health and well-being as one of the Sustainable Development Goals in the region. The

- analysis proves a significant impact of youth alcoholism on good health and well-being ($p < 0.05$).
- ii. The analysis also revealed a statistically significant relationship between youth alcoholism and quality education. Since the p-value is below the 0.05 threshold, therefore, the study shows that youth alcoholism does have significant influence on quality education in Mubi Metropolis.

5.0 Conclusion and Recommendations

The study also concluded that socio-cultural and environmental factors such as peer influence, cultural practices, urbanization, social acceptance of alcohol use, and easy access to alcoholic beverages play a central role in sustaining youth alcoholism. When combined with weak social controls and limited preventive interventions, these factors perpetuate alcohol misuse among youths. Therefore, without targeted policies, community-based interventions, and strengthened regulatory and educational measures, progress toward SDG 3, SDG 4, and SDG 8 in Mubi metropolis will remain significantly hindered.

Recommendations

Based on the findings of the study, the following recommendations were made;

- i. Educational institutions in Mubi metropolis should strengthen their guidance and counseling services and integrate alcohol-prevention education into school programs to improve students' academic outcomes and support the achievement of SDG 4.
- ii. The Adamawa State Government should implement and enforce strict policies and regulations governing the sale, distribution, and accessibility of alcoholic beverages, particularly targeting youth consumption in Mubi metropolis.

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