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The Effect of Alcoholism on Parenting Children: A Review of Literature

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Abstract:

In psychology parental alcoholism has been accorded significant attention to the construct of alcoholism. The literature has been faulted for its limitation in the provision of consistent guideline on the effect of parental alcoholism and coping strategies. The effects of alcoholism have been discussed in literature addressing the impact on the alcoholic but little has been done on the effects of alcoholism on parenting children. This paper reviewed extant theoretical and empirical literature and raises issues that presents a case for a new theoretical model suitable for expansion of the current understanding of parental alcoholism and its effects on children. The paper proposes a theoretical conceptual model for linking parental alcoholism, permissive styles of parenting and their psychological effects on children. From the literature reviewed the study identified that parental alcoholism has a negative effect on the on the psychological wellbeing of children. These findings have implication for a better understanding of the constructs and how they are related as contained in the proposed theoretical framework. The paper proposes that future studies be based on multidisciplinary counselling mitigation strategies used in counselling children of alcoholics. The proposed theoretical framework be applied in guiding future studies and be practically tested in empirical research.

Keywords: Alcoholism, parenting, psychosocial wellbeing

1. Introduction

Parenting today is not easy and remains a challenge across the broad. This paper will be discussing the effect of alcoholism on parenting children in the rural area in Kigumo Sub County in Muranga County. Parenting is an old phenomenon that keeps changing dynamics. Alcoholism has negative impacts on the family and these effects are experienced by the immediate members of the family and the most affected are children. A child experience in the home environment is very important in character development. It's clear that if there is discord, strife conflicts or the environment is harsh this will be having lasting effects on the lives of the children. Alcoholism parenting is a common challenge in the twenty first century therefore this paper will be discussing the effects of alcoholism on parenting children. Alcoholism is considered from religious, medical, spiritual and from psychological discipline as illness (Ombaga, 2008). In the DSMV DSM-IV Model alcoholism is regarded as one of the substance-related disorders.

1.1. Background of Information

Alcoholism has significantly increased in African Countries and Kenya is not an exception and the behavior is not only harmful to the user but also to those others living with the alcoholic. Children of alcoholic parents are exposed and venerable they are exposed to negligence and abusive parenting (Nacada 2015). Alcohol remains the mostly widely used and misused substance in the world. Alcohol was widely used in the indigenous Africa by most communities and drunkardness was regarded as a disgrace and various cultures restricted alcohol taking to senior's age groups in the society and to special occasions thus sanctioning the use of alcohol was under strict conditions. However, this changed with onset of westernization and introduction of foreign ways of life to the extent that alcohol use is no longer restricted to senior age group and special occasions. Instead, alcohol is readily available and is currently taken by all ages including those under age. Oral traditions in the Old Testament documents indicates that wine brewing originated in the wild grape regions of the middle east, and Genesis 9:20 asserts that Noah planted vineyards on Mt Ararat. When the Jews left Egypt, they regretted to have left behind the wines of Egypt (Numbers 20:5). When they settled in Canaan, they found vineyard full of grapes and they were also introduced to wine during their captivity in Egypt and in the New Testament Jesus made wine from water miraculously (john 2: 7-9). The mainstream churches stand on alcoholism is that it is a sin and they do not advocate for their members to indulge in alcohol. Alcohol consumption hinders healthy functioning, physically, spiritually and emotionally. The theology of redemption reminds us of the fallen nature of man and saying no to alcoholism and old patterns is through the unbelievable riches of grace of God.

In Africa traditions taking alcohol was acceptable and was used in occasions and taken by a category of people in moderate ways (Kenyatta 1982). However, in the modern times the rule of the game changed and alcohol abuse in families remains a prominent problem in the world with serious effects on the entire family but children are adversely affected. Christianity, gradually displacement the dominant African traditional religion which was demonized and, the

drinking attitudes and behaviors of European people crept in our society slowly. Alcoholism has significantly increased in African countries and Kenya is not an exception. Nacada (2015), indicated that parents who are entrusted with bringing up the children have indulged themselves into drinking sprees thus abandoning and neglecting their role of parenting.

According to (Stephanie, 2013) there are indications that what motivates people to drinking should be closely examined. Further (Copper, Russel, Skinner, & Windle, 1992) stated that the motives can be classified into three categories namely coping, enhancement and social motives which is drinking to cope, can be said to be drinking alcohol in order to relax, forget worries, to cheer up a bad mood and to feel more confident. In enhancement motives a person is lead into drinking just because of desiring to have a nice feeling; they believe it's exciting to get high. Social motives are correlated with moderate drinking and it's a way of celebrating because it's what friends and relatives do when they get together and to some people it's customary that when they get together on special occasions they must drink alcohol, and the special occasions includes parties' weddings and dowry ceremonies (Cooper et al 1992).

Alcohol abuse and dependence has continued to affect family functioning and especially nurturing of children since time immemorial. Parents who use alcohol frequently experience alcohol related disorders that adversely affects the parenting of children. Alcohol use and related disorders equally continues to form a significant social problem touching on all aspects of the society and mainly parenting. Alcohol has been identified as one of the factors that influence parental negligence of children with child abuse and poverty in the family. Various studies done on the effect of alcohol indicate that alcohol abuse affects families in various ways (Mwai et al 2013). The impact of alcoholism on parenting children has a wide range of effects; depending on the developmental stages of child. There are common emotions experienced by children such as fear, depression, guilt, shame, loneliness, confusion and anger. Children are also diagnosed with mental and emotional disorders as well as eating disorders, behavior disorders, anxiety disorder depression and post-traumatic stress disorders. Educational problems are also some of the characteristics of some children affected by parental substance use such as unexplained absence in school, dropout both in primary and secondary school. Children are made to believe that they have caused it on their parent or they are expected to keep it a secret from the extended family. Alcoholic parents experience moodiness, forgetfulness and preoccupations that can create a chaotic and unstructured, unpredictable environment that leaves the child confused.

The family remains the primary source of attachment, nurturing and socialization for all human beings these has been found contrary in alcoholic families with members of the family uniquely affected by alcoholism. This includes but not limited to unmet developmental needs of the children impaired attachment, psychological disorders like low self-esteem, and even violence. Reflection by (Mwai & Mwangi 2013) stated that alcohol drinking negatively affects family relations with more negative family interactions portrayed in conflict solving discussions. Indirect and direct effects of alcohol on the family wellbeing and stability are enormous and accounts to a great extent in the dysfunctionalities in families. Even though parenting is considered as the most satisfying in life, there is a growing concern worldwide that many children are growing up without proper nurturing and guidance from parents (Ngwiri 2008). This is contrary to the traditional way of bringing up children whereby it was the responsibility of the parent to instill values and manners and the emphasis was on the concrete way of behaving in appropriate situations. It was actually a shared responsibility between the mother and the father and it was evident that children in various stages of development learns through imitation and role modeling (Kenyatta 1982). This view is shared by many African societies, and it's the parent's responsibility to nurture children so that they can grow in accordance with the norms and values ascribed by a society, in order to foster a healthy society. Children in those traditional societies grew in healthier environment than today's society. It is therefore presumed that the development of a healthy society wholly depends on effective parenting.

However, alcohol abuse among parents has posed a major challenge to these important parental roles with many parents reported to have failed in their social role as a nurturer., these leaves the children vulnerable to negative experiences under the hands of alcoholic parents who are not able to provide basic needs, emotional and spiritual support that are critical for the development of children. To the alcoholic, alcoholism brings mental disorder that has far reaching effects on the person and the society, and the pharmacological effects of alcohol are commonly known to impair communication and reasoning power and it also affects the emotional intelligence of the person (Stephanie et al., 2013). This therefore leaves the parent unable to provide physical, psychological and spiritual support needed in the holistic development of a child.

Media in Kenya have continued to report incidences where parents spend more time and resources in drinking alcohol with this occurrence being more prevalent in the rural areas. Parents with meager income have been reported to spending the family resource on illicit brew in the villages at the expense of family needs. Spending more time in the drinking sprees has equally robbed them quality time that should be spent with children and family. Accordingly, alcohol abuse is responsible for a variety of harmful effects that Kenyans are exposed to ranging from poor health of the alcoholic to diminished productivity and social disharmony. Men spent most of their time in illicit brew instead of working in their farms leaving women overburden with farming and nurturing children (Wangui, 2017). This is equally a prevailing scenario in Central Kenya Muranga County and in particular Kigumo Sub County where children have continued to grow without parental care and guidance. In daily nation 3rd may 2020 it was reported that parents have resulted to buying alcohol and drinking at home in wake of Covid19 restrictions? This behavior is not only harmful and is likely to lead to mental health problems among them addictions depression and anxiety disorders. It also exposes children to drinking alcohol in their teenage which is dangerous as they brain is still developing. The paper reported that this could cause long lasting increased risk of addiction to alcohol later children later in life. Parents drinking in front of their children leaves the vulnerable and in lack of skills to effectively handle their children free time during Covid19 lock down.

Parenting involves providing for the children physically socially emotionally and spiritual. In the new testaments in the gospel accounts it's indicated that Jesus grew in all dimensions, (Luke 2:52). The society has continued to expect parents to play this crucial role of nurturing their children and nurturing is a psychological process whereby emotional needs are met and satisfied, it's attained through word, actions and even physical touch. Nurturing requires that parents are physically and emotionally present. According to (Sigelman & Rider, 2009) parental emotional neglect can lead to serious psychological effects and mental injuries on children and they have adverse effect even in life. Similar finding was found by (Ngwiri, 2008) whereby they indicated that poor parenting skills were a major contributing factor to drug abuse among secondary school students. This is because children learn by role modeling and they copy what their parents do if the parent's abuses drug, then there is a very high likelihood that the children will do the same (Ngwiri 2008). Thus, in order to meet the emotional needs of children it requires that parents invest their time and resources to the upbringing of their children. It will also involve developing a relationship with the children as stated by Lines, (2012), that a child needs to see their father and receive his support approval and to feel and appreciate the care of their fathers. This cannot happen where quality relationship is not established and ambivalent feelings may be developed among children. Moreover, when a child is deprived of parental love in their early years, psychopathic personality is likely to develop (Horalambos & Holborn, 2000). Winkley (2000), indicated that emotional foundations form the basis of the child relationship with the parents, thus a secure emotional foundation should be established between the parent and the child and to be built upon, and established from childhood years through to adolescence stage. This is not likely to happen with an alcoholic parent as they are not able to provide holistic nurture and spend time with their children.

In African contexts disciplining children was mandatory and parents controlled their children to ensure they have the desired behavior. Controlling children is a parent's responsibility and it refers to discipline and supervision. This involves informal learning where children are exposed to learning as they work with their parents through being directed, and children behavior is positively reinforcement in order to achieve desired behavior and negative reinforcement is used to extinct undesired behavior. To control children's behavior calls for parents to have very high standards of morals and values and in return they can earn the respect of their children. This is because children learn by socialization through words, actions and the demands we place on them. Parents should teach children what is morally right and wrong sin and not sin, truth and what is right and wrong and between holiness and sin. According to psychologists' behavior is learnt and human learning is about observing and imitating the behavior of others (Ngwiri 2008).

The family is the main unit of socializing influence on children, it's through the family that child's personality is shaped by instilling values, models of thought and way of doing things that becomes habitual. There is various parenting styles identified as democratic styles, authoritarian styles permissive styles and indulgences styles. Parenting styles are child rearing practices that parents use to enhance their children behavior. Baumrind, (1991) identified three types of parenting styles namely authoritarian, permissive and authoritative, while Macoby and Martins (1983), identified another parenting style as uninvolved parent. All these parenting styles plays an important role in developing a child's personality. These parenting styles are said to predict child's well-being in the social domain, academic performance and psychosocial development and behavior development.

Relationship between parents and children are also not spared difficulties with the drinking parent being linked to shame and embarrassment. Equally the fact that the parent is unavailable to offer quality time for their children leaves the other parent with the burden of disciplining children and this can also make the children end up blaming even the non-drinking parent as much as the drinking parent. These families live in a tensed environment and there is a likelihood that children may conclude that their feelings are denied, ignored and unwanted and they end up concealing their emotions. This challenge is more common and has adverse effect among kikuyu in central Kenya and in particular Muranga.

1.2. Statement of the Problem

Even though parenting is considered as the most satisfying in life, there is a growing concern worldwide that many children are growing up without proper nurturing and guidance from parents (Ngwiri, 2008). Even though the family remains the primary source of attachment, nurturing and socialization for everybody in the society alcoholic home are contrary different. Consumption of alcohol is not a new concept but it's a problem affecting the whole world and scholars have continually wrestled with it. Alcoholism in Kenya homes has been on the rise with (Nacada, 2018) observing that most families in Kenya and in particular central Kenya have become addicted to alcohol. This is a prevailing condition that has necessitated the Muranga County to carry on rehabilitation programs to curb the escalating situation. Therefore, the effect of alcoholism on parenting of children merits a lot of attention

Children of alcoholics are reported to have psychological problems that include major and minor psychopathologic effects like impaired self-esteem, and impaired academic performance. The impact of parental alcoholism on children can further include problems ranging from sleeping disorders, worrying about their parents, being angry, antisocial behavior and suicidal thoughts. Alcoholism has continued to disable family functioning and especially in the area of nurturing (Ngwiri 2008). Parents who use alcohol frequently experience alcohol related disorders that adversely affects the parenting of children. Alcohol has been identified as one of the factors that influence parental negligence of children.

Studies investigating the effect of alcoholism and parenting have not given any consensus on solution to this problem. Alcoholism has negative effects on the parenting of children; this is because alcohol undermines their capacity to use parenting skills. Various studies done on the effect of alcohol indicate that alcohol abuse affects families in various ways (Mwai and Mwangi, 2013). According to Chwewa and Auya (2014) study on socio economic effects of alcoholism on families in Mukuru slums, Nairobi County. The study concluded that alcoholism has led to breakup of families and children

suffered lack of basic needs. In their study (Wangui, Mariene&Wamalwa, 2017), on the effects of parental alcoholism on students' education in public secondary school, they suggested that further studies could be done on the effects of parental alcoholism on pupils' education in primary school.

Despite studies done on alcoholism they are no study in Kenya that has narrowed to the effect of alcoholism on parenting children. Therefore, this study aims to fill the gap by establishing the effects of alcoholism on parenting children. Further Njuguna and Thunguri (2017) asserted that parents play an important role in the behavior acquisition of their children and the holistic wellbeing, this means that role of parenting is a subject of important in this era and cannot be underestimated, therefore the study of the effect of Alcoholism in parenting children in Kigumo Sub County becomes very important.

1.3. General Objective of the Study

The purpose of this study is to investigate the effects of alcoholism on parenting children.

1.3.1. Specific Objectives

- To establish the prevalence of alcoholism among parents.
- To investigate how parental alcoholism affects children.
- To examine parenting styles used by the alcoholics in parenting children.

1.4. Research Questions

- What is the level of prevalence of alcoholic's parents.
- How parental alcoholism affects children.
- Which is the parenting style used by alcoholics in parenting children.

1.5. Hypothesis

There is a negative relationship between parental alcoholism and parenting of children.

1.6. Significance of the Study

The study will provide useful information to the community on the effect of alcoholism on parenting of their children. The study will be pertinent for teachers, religious institutions, and County government on how to come up with positive solution to the problem. The study will contribute and add knowledge to the already existing body of literature in relation to the effects of alcoholism and parenting children. Parenting of children remains core in every society and parenting dynamics keeps on changing and therefore this study will be timely to understand the what every parent should know about the newly emerging parenting dynamics. The paper will bring new understanding on the effect of alcoholism on children that will be instrumental in policy and decision making both for governmental and non-governmental institutions. The paper will create awareness on effects of alcoholism on parenting children and become the spring board for future references. The paper will seek to offer solutions to the quest of alcoholism and parenting which is a common phenomenon in the Kenya. The paper will look at both the short term and long-term effects of parental alcoholism on children. Findings of this research would provide teachers will adequate knowledge on the characteristics of children of alcoholics and provide knowledge that will help them to counsel the children and provide workable solutions on how to help these children to cope.

1.7. Operationalization of Terms

1.7.1. Alcoholism

According to world health organization alcoholism is considered to be the diseases characterized by the habitual intake of alcohol which is chronic alcohol use to the degree that it interferes with physical and mental health of a person. Alcoholism is basically involved in compulsive, excessive consumption of alcohol and has pathological effects. NACADA defined alcoholism as a chronic disability manifested by persistent drinking. It is a chronic illness characterized by habitual drinking of alcohol to a degree that it interferes with physical and/or mental health or with normal social or occupational functioning.

1.7.2. Parenting

According to American psychology association Parenting is about ensuring children's health and safety and the process of preparing children to become productive adults by transmitting values and norms.

2. Literature Review

2.1. Conceptual Review

The study is built on several constructs and the section presents a brief review of the relevant literature that suitably provides an understanding of parental alcoholism and parenting children.

2.1.1. The Prevalence of Alcoholism among Parents

In the vision 2030 the third millennium goal of sustainable development focuses on health including mental health and specifies strengthening, prevention and treatment of harmful use of alcohol. Alcohol consumption has been considered as the third largest risk factor for poor health globally. In Kenya reliable data on alcohol consumptions and its effects in rural areas is limited even when consumption is high due to the traditional brewing. (Takahashi et al 2017). Numerous alcoholics have been testified of key incidences leading to their drinking these are stressful events, have conflicts in the family and inability to resolve the conflicts, poor communication, inadequate family and nagging (O'Farrell & Fals-Stewart, 1999).

According to a report by the United Nations in 2013 it indicated that alcohol and drugs were used by 236 million people and alcohol was indicated as the most substance that was used. Alcoholism has significantly increased in African countries and Kenya is not an exemption According to NACADA the youth and the middle aged are the most affected by alcoholism (Nacada, 2014). These are people with young families thus endowed with responsibility of bringing up their children but they have turned into drinking sprees and therefore neglecting their parental roles. Their children continue to struggle emotionally with the disorganization caused by alcoholism. This is made worse that these parents have completely neglected their responsibility Alcoholism is a major challenge in Muranga County and in particular Kigumo Sub County, on a typical Monday very early in the morning which is usually a working day, along the trenches and paths and pavements you will find drunkard staggering hopelessly, others lying on the streets even on rainy seasons. In Kigumo Sub County there is a prevailing situation whereby local chiefs have continued to allow selling of illicit brew. Due to the prevailing poverty so many men have resulted to illicit brew because it's cheap and they can afford. The situation is worsened when they do not have money to drink, they steal cereals from granary to go and sell in order to drink. However, there are also a number of wines and spirit retail outlets that are opened (Wangui, 2017).

All counties in Kenya have high incidences of alcohol and drug abuse with Nairobi Muranga and Mombasa on the lead. In a report from Muranga indicates that some of the family members who abuse alcohol spend a lot of time in the local market places. This means that these alcoholics don't work they depend on their wives' financial support parents and sometimes they get involved in criminal activities, thus making Muranga county to lag behind in development (NACADA 2014). According to data from the national campaign against drug abuse NACADA, Muranga County has been rated as the fastest gaining notoriety as being a den of alcoholics. In 2009 the Muranga South district commissioner ordered chiefs to eradicate illicit brew within a hundred days (Sunday daily nation 4th April 2009). Further Alcoholism in Kenyan homes has been on the rise with NACADA (2016) noted that many families in Kenya particularly in the Central region have been on the rise in alcohol consumptions with Muranga is the worst hit. On several occasions women in Kigumo Sub County have taken to the streets protesting against increased illicit brew that have been sold even with the knowledge of the area chiefs. In 2015 a chief was sacked for being involved in the cartels of changaa brewers for being corrupt and allowing the menace to continue. In another report by NACADA (2008) it indicated that alcohol was the most commonly used drug and was used by 61.5% percent of the population. In Muranga county 68% of the adult's population abuse alcohol and this is a worrying trend that calls for all stakeholders to be concerned including the county government (Wangui, 2017).

Children of alcoholic parents have been suffering as they have been exposed from time to time to social isolation, loneliness and lack of emotional support from their parents and worse of all is that parental substance and alcohol abuse have also affected the education these children. As a result of the high prevalence's of alcohol use in the Country the government enacted the alcohol control act in 2010 (National Council for Law Reporting, 2012). Alcohol consumption is on the increase and it is taken any time: whether day or night. This excessive taking of alcohol is affecting family life. This is mainly so because the bread winners are the ones who spend most of their time drinking hence neglecting their family responsibilities and duties. In additions such parents are not able to provide a safe environment for children or even respond to emotional and physical needs of their children appropriately (Raitasalo, Holmila, Joaskelainen, & Jautalahti, 2019). So, children have been adversely affected and suffer from lack of emotional support which is important in their emotional development. Children of alcoholics have continued to manifest signs of emotional disturbances such as anxiety, feelings of insecurity and they also suffer disorder behaviors such as withdrawal. In a study done by (Birech, Kabiyo, Misaro & Kariuki 2013) indicated that alcohol abuse has negatively affected the emotional well-being of their children.

2.1.2. Parental Alcoholism and Its Effects on Children

Studies that have been done indicates that alcohol abuse has brought profound suffering to family members, which contributes to high levels of interpersonal conflict, domestic violence, parental inadequacy, child abuse and negligence, financial and legal difficulties, in addition to clinical problems associated to it. Alcohol abuse has posed a lot of effects both to the individual the family, it has led to high levels of interpersonal conflicts, domestic violence, parental inadequacy, child abuse and negligence, separation and divorce, and inability to meet financial family obligations (Wachira, 2017). Besides,

children raised in families where others members abuse alcohol or are addicted to alcohol and other substances they are also at a high risk of being physically and sexually abused.

Children learn by role modeling by observing what their parents are doing, in some home parents takes alcohol in the presence of their children and their children will pick up the trend of talking alcohol simply because they are readily available at home (Ngwiri and Timuti 2010). Children will be imitating the behavior of their parents and they also become alcoholics. Therefore, it is imperative then that the attitude of parents towards alcohol, tobacco and other drugs play a major role in children's, education and future behavior (Njoroge & Mwenje 2020).

Children brought up in alcoholic environment are underachievers, irritable bullies aggressive and fights at the slightest provocation. Millions of children are in the hands of alcoholic parent's alcoholics and these children are exposed, at varying degrees to alcoholism in the family. Children of alcoholic parents are more likely to experience symptoms of anxiety, depression anti-social behavior, and relationship difficulties, hyperactivity, relationship difficulties, aggression, school absenteeism, and drug use (Burns, 2010). Children of alcoholics, goes through both psychological, physiological issues. They go through uncertainty, instability inconsistent discipline, and loneliness. The family of alcoholics is characterized by tension, fear, shame feelings and this becomes connected with the child's sense of self emotional and physical neglects disorganization and physical and sexual abuse. Parental alcohol misuses damages and disrupts the lives of children and families this is because children feel trapped in the behavior of their parents problematic drinking and the children's voice often goes unheard as the child tries to guard the family secrets (Wachira, 2017).

Most of the researches done have been putting emphasis on addressing the alcoholics and has been addressed in a more robust way. In a study done in England it indicated that in every eleven children in family's lives with an alcoholic and it affects two other members of the family (Zohadi et al 2004). Alcohol misuse is generally damaging to families, impacting on parent's ability to take care of their children. Therefore, how the family functions affect children from pre-birth to adulthood. Alcoholism increases the risks of children developing serious emotional and social problems, ranging from neglect, domestic violence (Wangui, 2013). Children of alcoholic's parents are also at increased risk of suffering the trauma of losing a parent in their drinking, they experience distress and guilt when the parent either dies or falls sick. However, it's important to note that parents who drink are not generally bad parents despite their problematic drinking, they may still be concerned about their children welfare, and can they still struggle where they can to provide for their children.

Parent's alcohol misuse can dominate families' relationships in such a way that affects children both physically and emotionally however the impact will depend on the parent's problems other environmental factors in place. Drinking during for women during pregnancy causes premature births, low weight and damages the central nervous system and there is likelihood of physical abnormalities to the child. Alcoholic mothers are less likely to attend antenatal clinics and heavy drinking throughout the pregnancy leads to giving birth to a fetal alcohol syndrome child and physical problems can continue and at very early ages the child experiences tremors and seizures. While younger children will be lacking in poor hygiene, lack of safety precautions being left for long periods unsupervised in the care of older siblings which is not appropriate (Mathenge, 2011).

Research indicates there is a correlation between parental drinking and child's emotional development and well-being and children will experience feeling angry, frustrated, anxious sad and depressed and eating disorder ongoing as the children try to asserts themselves. They feel deprived of love and rejected at an early age and worries a lot and are anxious. In research that was done children were reported to be scared of alcohol and they called it mummy or daddy's medicine. Children of alcoholics fails to attending school because they were attending to their parents, arriving to school late and parents do not show any interest in the children's homework's and generally poor supervision of students while they are at home. Children may be unable to concentrate in school because they may be feeling tired due to taking caring routines in the home. Moreover, they feel embarrassed because of their parents then schooling ceases to be a priority and can find it difficult to prepare for exams and they have poor expectations and low desire to succeed (Wangui and Wamalwa 2014).

Children of alcoholic endures chronic levels of stress while growing up. Older children of alcoholics often exhibit, depression, feelings of hopelessness, apathy excessive guilt, possessiveness overly rigidity withdrawal and intense need of perfection. Growing in an unpredictable environment makes children to internalize messages of mistrusts, insecurity and they belief that they should suppress their emotions (Ngwiri, 2008).

2.1.3. Parenting Styles Used by the Alcoholics in Parenting Children Kigumo Sub- County

Evidence suggests that a child's experience in the home environment is very important in character development. Ngwiri (2008) affirmed that if the family is of dissonance, strife, harsh and inconsistency discipline, this will have an effect of the child's developmental growth. This is because children look at their parents as the source of authority and what they do and say is seen as the gospel truth.

Alcohol misuse may be reflected in the parent's inability to look after their children or even provide practical and emotional support children may need. Parents can be inconsistent, unpredictable and they keep reversing their roles and relying on the children for emotional support. Most parents keep promising to change, which may not easily happen and in return results to cycles of disappointments and distrust as their children are not able to trust their parents.

Parent may blame their children for their situation or even see them as a savior and this brings additional pressure to the child parent relationship. In such homes there are no clear boundaries between family roles and children feels confused over their roles and they assume parental responsibility in the home at an early age, taking care of their younger siblings and the parents themselves strains the children. At the same time taking children taking parental roles is

not only confusing but also overwhelming to children and when the parents' wishes to resume the role of parenting the child becomes defensive which causes conflicts again and again and they remain unresolved.

Tension can stem from parent's lack of time with their children and poor parenting is also coupled with chaotic lifestyle that leaves children without adequate care. Children brought up by alcoholic parents suffers guilt as they think they are responsible for the state of their parents they also suffer shame because they cannot share family secrets with anyone else. The family can be said to be the chief socializing influence on children, therefore the environment the child grows in is very important. In the family context the children are taught and the learning takes place through informal instructions provided by the parents to their children. Thus, the kind level of support and control a parent provides has social psychological and even academic impacts in the life of the child (Wangui, Mariene & Wamalwa, 2017).

Scholars have documented various parenting styles and they influence the general behavior of growing children. Using any one of them on parenting children brings some results. Democratic style of parenting is a scenario whereby parents establish rule and regulations and they allow their children to participate, make choices and they open to discussions. This style of parenting allows the child to decide what is best for him or her. In essence parents discuss with their children why some certain behaviors are acceptable and others are not, therefore they don't impose anything on the child and this is applicable especially to teenagers. In this style of parenting parents use reason to enforce standards and children from such families are cheerful, able to cope with stressful situations emotionally healthy and they have high self-esteem among others. In this style the child is able to likely adopt desirable behavior given the leadership and autonomy the parent has exposed to the child (Ngwiri, 2008).

The other style of parenting is authoritarian, this is whereby rules and regulations are strict and followed without questioning and failure to obey is accompanied with severe punishment. Parents that use authoritarian type of parenting are more likely to raise up children who will be defiant (Mutuku, Mauyo, Nassiuma, & Oduma, 2013). According to Bandura children learn through imitating what they see and therefore are more likely to imitate the behaviors from the parent whom they consider as role models. This is to say if the parent is aggressive the children will imitate the same behavior. Children brought up in permissive home ends up being rebellions, domineering, and underachievers in school. This view is also supported by Steel 1968 who argued that a child is naturally dependent upon the adults around him for his image of the world. The harsh and unhappy environment depicts restrictive authoritarian parenting style at play, while the cool and boring environment is associated with permissive parenting style. Permissive style of parenting is therefore whereby parents have no rules and regulations and children have to do things in their own way anything they prefer and they tend to control the emotions and behaviors of their parents (Ngwiri, 2008).

Indulgence style of parenting, children get what they require and they are spoilt children. In such homes there are fewer rules and parents bring up children who are fearful and angry most of the time. The most commonly used style of parenting by alcoholics is detached parenting where there is very low involvement, this kind of distanced relationship between the parent and their children leads to defiance and distant towards what the other person expects. In this kind of relationships, it arouses a great deal of anger in the children and children feels ignored, and neglect by parents. A detached parents ignores the behavior of such children; they can occasionally inappropriately reward them and disciplinary consequences are applied inconsistently. Non-authoritarian parenting styles is commonly associated with the child and adolescent having their say and binge drinking in adolescence (Zequetto, Opaleye, Feijo, Amato & Ferri, 2019). Therefore, parenting style has an influence on the type of behavior a child will acquire in the process of growing up. Hence a healthy home environment is the most single important factor that is necessary for bringing up children who are emotionally healthy, this is where parents and children share affections, cohesion and involvement (Malayi et al 2013).

Alcoholism affects the alcoholic in the way they think feel and even act when alcohol is the central guiding principal of the family life it can cause trauma and therefore shaping each individual development. Children of alcoholics have little or no choice but to adapt to the environment and the family in which they are raised. Family environment of alcoholics is typically marked by chaos and they thrive in a system of rigidity such as lack of flexibility and arbitrary rules, their children are predisposed to develop a sense of overwhelm or confusion. Their responses are marked by feelings of fear that remains unexpressed or unresolved. Worse of all children of alcoholics at times feels like they are responsible for the problem associated with alcoholic parents and thus grow with some level of guilt.

2.2. Theoretical Frame Work

2.2.1. Bowens Family Systems Theory

The family system theory that was attributed to Murray Bowen (1974), abstracted the family systems functioning he conceptualized family as an emotional unit with a network of interlocking concepts that explains the emotional functioning. Thus, avoids fusion with whatever emotions dominates the family the theory indicates that in a two-person relationship under stress, there is the tendency of triangulation with a third member in order to lower the intensity and regain stability. Bowen focus was on the patterns that are developed within the families in order to diffuse anxiety. One of the key concepts is what generates anxiety and he describe too closeness or too much of a distance in relationship. Therefore, the degree of anxiety in any one family will be determined by the current levels of external and internal stress and their sensitivity to particular themes. The main goal of Bowen theory is to reduce anxiety by facilitating awareness of how the emotional systems functions and to increase the level of differentiations while trying to make changes for the self rather than for others. Bowen theory discussed eight concepts that make up the theory, namely emotional fusion, triangles in the family, nuclear family emotional systems couple conflicts symptoms in spouse, symptoms in a child, emotional cutoff and multigenerational transmission process (Bowen 1978). According to family systems theory addiction is the outcome

of a system having exhausted its capacity to manage anxiety and stressors and alcoholism is viewed as asymptomatic of the family and the symptomatic individual. Drug addiction is associated with stress and is high in a family and the anxiety drives the dependant to alcohol (Bowen 1978). Drug and alcohol addictions are common human dysfunctions and every family member's plays part in the dysfunctions of the symptomatic member and the alcoholic beliefs that taking alcohol will reduce their level of stress and the more he is drunk the less he's able to function. Therefore, Bowen theory helps us conceptualize the part each member of the family plays and the application of the theory has been considered the most effective therapeutic tool in treating addictions. This theory is relevant to the study because it is applicable to emotional problems in the family. The theory explains that alcohol addiction is used as a distance regulator in relationships. The theory explains how family members changes and how these changes affect other members of the family. The attained level of differentiation will affect how members of the family deal with the symptoms of the alcoholic. (Bowen, 1978; Younkin, 2013).

3. The Call for a Theoretical Framework

3.1. Conceptual Framework

The paper sought to describe the concept of parental alcoholism from a multidisciplinary perspective and provide a linkage among them. This was done through review of extant literature. While considering the literature to understand the constructs and provide theoretical grounding, conceptual and theoretical and empirical gaps have emerged from the scholarly discussions. Conceptually, none of the review studies brought the construct of this study together in a single study. Moreover, different scholars conceptualized the relationships between the constructs in different ways. This call for the need to develop a robust model that integrates the constructs together. Theoretically there was no single theory found that could ground all the constructs together and there is no common standing among scholars on counselling mitigation strategies on children of alcoholics. Thus, a new theoretical model will contribute to this gray area suggesting possible solutions and contribute to literature on parental alcoholism and its effect on children.

According to Munaten (2015), the goal of any scientific inquiry is to gain new knowledge and such an inquiry must be systematic and theoretical, from the foregoing the study proposes a theoretical model for guiding future empirical studies in psychological counseling's area

3.2. The Proposed Theoretical Framework

Based on the discussion made in this research several constructs emerge from both conceptual and theoretical literature. These constructs are parental alcoholism, permissive styles of parenting and psychological effects. The following conceptual frame work will show the independent variable indicators of parental alcoholism and the styles of parenting that influences the children behavior. The independent variables will be parenting alcoholism with variables such as parental negligence, absent father, poor health and lack of supervision., while the mediating variable will be styles of parenting emphasizing on two of the most commonly parenting styles used by alcoholics these are permissive parenting and indulgence parenting. The study will find out what influence parenting styles used by alcoholics have on the psychological wellbeing of their children. The dependent variable will be psychological effects that will be portrayed by children brought up by alcoholic parents these variables are anxiety disorders, fear, shame, insecurity sleeping disorders and withdrawal. The conceptual framework will be as follows.

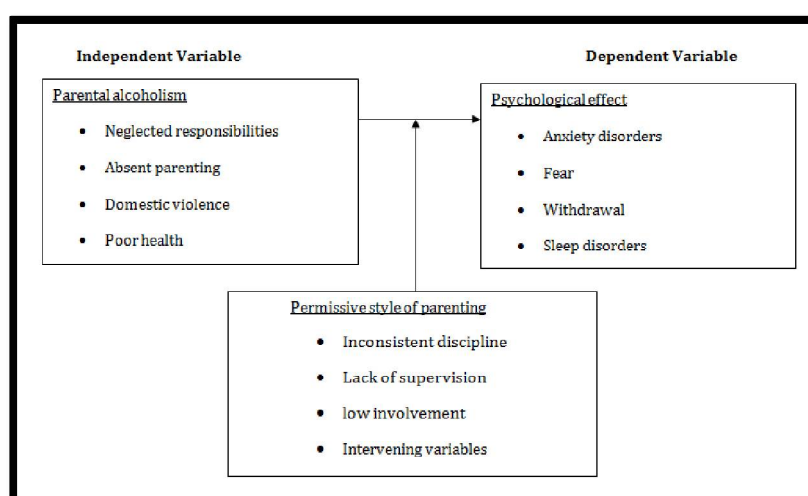


Figure 1: Conceptual Frame Work
Researcher, (2017)

4. Empirical Review Literature

In a study done by Mercia and Mwenje (2014) they studied the effects of alcohol abuse on parental guidance of children. The study was done in Malachi central Kenya and Butala in Busia County and the study used cross sectional survey. The purpose of the study was to establish the effects of alcohol abuse and dependency in the rural area and their

impact on parental roles. Their findings indicated that alcohol abuse and dependence drained family resources and led to negative assessment that worked against the parents in their role of nurturing and modeling. However, the paper failed to address the effects of alcoholism on parenting of children and to show how parental nurturing and modeling affected the children.

According to a study done by Chweya and Auya (2014), on the economic effects of alcoholism on families in Mukuru slums in Nairobi County. their objective was to establish the economic effects of alcoholism in families in slums. Their findings were that alcohol dependency break up families, and leads to suffering of children due to lack of basic needs thus addressing the physiological needs of children, but they did not go further to discuss how children are affected or what kind of suffering they go through. This paper will discuss the psychological effects of children brought up by alcoholics in Kigumo County as children go through a lot of emotional suffering. There exists a gap in that the paper was done in slums and their due to context their conclusions cannot be applied in rural area settings, therefore there is need for this study to be done in the rural areas and identify the effects of alcoholism on parenting in Kigumo Sub County. The paper used structural questionnaires, interviews this paper will be focusing on group interview.

A study was done by Malayi et al (2013), on the impact of parenting styles on acquisition of deviant behavior among children aged 8-18years in western Kenya. Their objective was to find out if parenting styles influenced acquisition of deviant behaviors in children aged between 8-18years. The study used structural questionnaires to gather data and findings indicated that major style of parenting used were authoritarian, and permissive, while others used democratic parenting style. The study recommended democratic style of parenting in order to uphold virtues. Where parents used authority children were critical and turned to defiant behaviors. They also identified that the single most important factor necessary to keep children from becoming delinquent is a healthy family environment, where parents and children shares affection, cohesion and involvement. The gap of this study was that they did not discuss other impacts of styles parenting on the behavior of children. The current study will evaluate the effect of alcoholism parenting children aged between eight years and fourteen years. The current paper will use styles of parenting as an intervening variable in order to find out its influence on the emotional well-being of growing children.

A study was done by Musyoka (2016) on the effects of alcohol abuse on the well-being of urban households in Kenya a case study of Mlolongo Township in Athiriver division of Machakos County. The objective was to establish the effects of alcohol abuse on the well-being of urban households. The paper used qualitative and quantitative research design. The study identified the deplorable conditions the families lived in. Further it was found out that alcohol abuse was increasingly common among the married as it accounted for 31.5%. The study also discussed peer pressure, easy access, to alcohol and idleness as the leading factors to alcoholism. The study recommended that the church should develop programs for addicts and their families. The study recommended that further research be done on the effect of alcohol abuse on younger children of alcoholics' parents in other Counties. Since this study was limited to Mlolongo township which is an urban area, its finding cannot therefore be generalized to a village in Muranga. Therefore, the current paper will fill the gap by studying the effects of alcoholism on parenting children in Kigumo Sub County of Muranga County. The study will be done among ten primary schools in the Sub County and emphasis will be on the effects of alcohol abuse on children an area that the above study did not address.

4.1. Mitigation Strategies

Studies have shown that parental alcoholism has negative consequences children it is therefore important that intervention mechanism are put in place in order to help children to differentiate themselves and create awareness of risk factors of future substance abuse (Arnaud, Diestelkamp, Wartberg, Sack, Daubmann, Thomasius, 2017). The study suggest that psychotherapy should be provided to the pre adolescence children before teenage and before role identity versus confusion stage. Individual counselling to children will help then to cope with their situation and to avoid self-blame. To provide problem and emotional focused coping skills, and social and emotional support to children of alcoholics. The government should develop strategies to minimize alcohol availability.

5. Conclusion and Direction for the Future

The theoretical paper indicates that children of alcoholic are prone to behavioral social and mental disorders. Extant literature indicates the negative effects of alcoholism on children. Reviewed literature indicated that children go through anxiety and they feel neglected by their parents socially and emotionally and some of their physiological needs go unmet. They go through stress, low self-esteem, depression they feel confused and are overwhelmed by their physical circumstances. They also develop anti-social behaviors in school and their academic performance is equally negatively affected. Children in alcoholic family are forced to adopt coping strategies such as becoming care givers of both their sibling and parents, they also become the rescuer and hero or even accept to take self-blame for the behavior of their parents and in return they scapegoat their behavior. In addition, parental alcoholism has a negative effect on the on the psychological wellbeing of children. This paper has discussed the literature review on the effects of alcoholism in parenting of children based on the objectives of the study, it has considered conceptualization, and applicable theories and discussed empirical studies done in the area in order to identify the gap. New preposition has been put forward to enrich extant literature on parental alcoholism and its effect on children. The paper proposes that future studies be based on multidisciplinary counselling mitigation strategies. The proposed theoretical framework be applied in guiding future studies and be practically tested in empirical research.

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