



ALCOHOL CONSUMPTION AND ITS IMPACT ON GENERAL WELL-BEING IN THE NORTHERN CAPE

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MAIN THRUSTS OF THE REPORT

- Project funded by Lesedi and Letsatsi Trust
- Collaboration project with SANCA and RDSP, and SAAPA
- We sampled 400 respondents from each community.
- Data was collected systematically by using a combined cluster frame and systematic sampling including every third household
- 60 locally recruited fieldworkers collected data in three township-specific teams who were unemployed at the time. This led to local empowerment.
- They used cell-phones to enter the data on a Google electronic questionnaire
- Fieldworkers received ample data enabling them to collect the data.

MAIN THRUSTS CONTINUED

- The research used two recognised and standardised data collection instruments – the ASSIST screening tool measuring
 - frequencies of alcohol and drug consumption,
 - Frequency of responsibility problems,
 - health, social and legal problem frequency,
 - Stopping attempts frequency,
 - Failures to stop
- The General Well-being Schedule (GWBS) – A US standardised tool for measuring individual well-being using 18 items.
- We also included a range of self-designed questions asked by the research partners SAAPA regarding the characteristics of liquor outlets in the communities
- This combination enabled us to evaluate the frequency of use (Prevalence) and quantify social harm due to the consumption, the two objectives and requirements of this project. We were also able to conclude about the impact of alcohol outlets in the target communities
- We used statistical analysis to derive the results by examining the differences between groups for well-being as a comparison basis. We also confirmed the psychometric properties of our dependent variable scale (GWBS) using factor analysis and reliability analysis.
- We included the non-drinking group in initial comparisons, but then excluded this group for all subsequent analysis to get a better defined picture of only those consuming alcohol

FINDINGS IN A NUTSHELL

- Population stats:
 - Postmasburg (45962)
 - Danielskuil (30597)
 - Dealesville (5446) (STATSSA, 2011)
- Samples were not proportional to the populations and do not represent the communities.
- The data was collected independently. Hence, we analyzed them conjointly and not separately, assuming that the patterns would be repeated across townships. Despite this, some nuanced differences were observed between the communities.

DRINKING VERSUS NON-DRINKING

• Postmasburg	Yes	304 (67%)	No	152	Total	456
• Danielskuil	Yes	320 (74%)	No	112	Total	432
• Dealesville	Yes	321 (78%)	No	93	Total	414

INDICATORS OF **HARMFUL** DRINKING PATTERNS LEADING TO NEGATIVE WELL-BEING IMPACTS

- The older the person gets, the more likely his well-being will be negatively affected
- High-frequency drinking (daily and weekly) (Chronic patterns)
- Repeated responsibility lapses
- Repeated attempts to stop alcohol consumption
- Repeated failures to control drinking
- Frequent expressions of concern by family members
- Frequent health, social and legal consequences
- Experiencing increased drinking over time
- Living close to an outlet where there is daily fighting
- Being well-related to the outlet owner
- Sending children to buy alcohol on your behalf
- Knowing about an outlet close to school and church
- Visiting outlets together with your children

DEMOGRAPHICS AND WELL BEING

- Gender – significant differences of large effect (0.066) Males had lower well-being.
- Having lived in the current house for less than five years lead to lower well being
- Marital status had no impact on well-being
- Education had no influence on well-being
- Household size did not influence well-being

DRINKING FREQUENCIES WITHIN TOWNSHIPS

- Postmasburg recorded the lowest average well-being (58%) for drinkers and 66% for non-drinkers - interpreted as risk for stress problems.
- 16% of Danielskuil participants were chronic daily drinkers, 21% weekly bingers and 42% monthly bingers
- 13% of Dealesville were chronic daily drinkers, 41% weekly drinkers, and 31% monthly drinkers.
- 11% of Postmasburg were chronic daily drinkers, 31% weekly drinkers, and 31% monthly drinkers.
- **Critical finding: The more regularly respondents drank, the lower their well-being became**

STOPPING ATTEMPTS WITHIN TOWNSHIPS

Danielskuil – 52% never wanted to stop, 7% tried to stop daily

Dealesville – 56% never wanted to stop, 1.3% tried to stop daily

Postmasburg – 46% never wanted to stop, 4.5% tried to stop daily

Critical finding – The more regularly people tried to stop, the lower their well-being became

The most negative impact observed in Postmasburg, followed by Danielskuil

RESPONSIBILITY ISSUES WITHIN AND BETWEEN TOWNSHIPS

Danielskuil – least occurrence of responsibility issues (72% = never), 6% Daily issues

Dealesville – (65% = never), 1.6% daily issues

Postmasburg – most occurrence of issues (Only 44% = never), 9% daily issues

Critical finding – The more frequently they had issues, the lower the well-being

More responsibility issues occurred in Postmasburg compared to the other towns

Danielskuil 51% = never, 9% daily

Dealesville 69% = never, 0.3% daily (Lowest pattern)

Postmasburg 49% = never, 6.3% daily (Highest pattern)

Critical finding – Postmasburg had the highest failure pattern, Dealesville the lowest

The more frequently people had failures, the lower their well-being became

FAILURE TO CONTROL DRINKING

HEALTH, SOCIAL, LEGAL ISSUES AND FREQUENCY

- Danielskuil 72% = never; 5% = daily
- Dealesville 66% = never; 2.6% = daily
- Postmasburg 55% never; 4.6% = daily
- **Critical finding – The more regularly the above issues occurred, the lower the well-being became**
- **Even if only occasional issues occurred, Postmasburg's frequency remains higher than the other towns.**

FAMILY MEMBER CONCERNS ABOUT DRINKING

Danielskuil 51% = never;
daily = 10%

Dealesville 64% = never;
daily = 2.9%

Postmasburg 36% =
never; daily = 13%

Critical findings –
Postmasburg at highest
risk as member concerns
are higher for weekly
and monthly drinkers

As concerns mount, so
the well-being decreases

REPORTED ALCOHOL INCREASE/DECREASE

Danielskuil 60% =
decreased; 34% increased

Dealesville 47% decreased;
39% increased

Postmasburg 34%
decreased; 29% increased

Critical findings – Alcohol
increases led to lower well-
being

Dealesville showed the
highest increase in
consumption and the
lowest number of decreases
– probably because of more
outlets in the area.

Danielskuil people were
most optimistic about
decreasing alcohol
consumption

DISTANCE TO ALCOHOL OUTLETS

 Danielskuil 52% = within 1 – 5 min to outlet; 47% = 5 – 10 minutes walk

 Dealesville 31% = within 1 – 5 min and 69% = 5 – 10 min walk

 Postmasburg 33% within 1 – 5 min and 66% = 5 – 10 min walk

 Critical findings – The closer you live to outlet, the lower the well-being

 Danielskuil respondents had most people living close to an outlet

 The location of an outlet has a significant impact on drinking

ASKING THE OWNER TO TURN DOWN THE MUSIC

Danielskuil No = 82%; Yes = 18%

Dealesville No = 85%; Yes = 15%

Postmasburg No = 80%; Yes = 20%

Critical finding – Postmasburg inhabitants had the best relationships with tavern owners.

Being unable to complain about loud music contributes to poor well-being

OUTLETS CLOSE TO SCHOOLS

- Danielskuil 73% = Not aware of outlet close to school;
- Dealesville 52% = Not aware of outlet close to school;
- Postmasburg 55% = not aware;
- Critical finding – Being unaware of such outlets leads to better well-being
- If the outlet is closer than 500 m to the school, it leads to deterioration in well-being

AWARE OF OUTLETS CLOSE TO CHURCHES



Danielskuil 57% were unaware;



Dealesville 45% were unaware;



Postmasburg 54% were unaware;



Critical finding – Not being aware leads to better well-being than being aware.



The presence of liquor outlets close to churches is detrimental to the community

SENDING CHILDREN TO BUY ALCOHOL AT ALL HOURS

- Danielskuil 84% said no
- Dealesville 96% said no
- Postmasburg 82% said no
- **Critical finding – Dealesville seems to be the most conservative township regarding this issue.**
- **If you said no, your well being would be much higher than when you said yes**

BUYING ALCOHOL AT ANY TIME OF DAY OR NIGHT

- Danieslkuil 43% said no you can't buy at all hours
- Dealesville 37% said no;
- Postmasburg 42% said no
- Critical finding – if you can buy alcohol at any time of day or night, this would indicate much lower well-being.

WHO ARE THE VISITORS AT OUTLETS

- Danielskuil 11% indicated parents and children;
- Dealesville 9.15% indicated parents and children
- Postmasburg 12,28% indicated parents and children

- **Critical finding – where children and parents visited outlets as in family visits, the well being was significantly lower**

FIGHTS AT OUTLETS NEAR THE HOME

- Danielskuil 3,1% indicated daily fights
- Dealesville 0,3% indicated daily fights
- Postmasburg 8,7% indicated daily fights
- **Critical finding – Small percentages but significantly lower well-being where fighting occurred daily.**

CONCLUSIONS



- Some differences noted across communities that relate to the economic development of the area
- More social consequences associated with mining activities
- Political instability seems to play a role in the extent of concerns about alcohol consumption
- Proximity to alcohol outlets + the growth in outlets are a main contributor to the concerns about drinking

RECOMMENDATIONS



- Programme response should consider the socio-economic situation
- Type of services tailored around socio-economic conditions
- Rehabilitative services and clinics considered for more industrialized communities