

**Binge drinking and interpersonal violence in the North
West Province: A social perspective**

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FOREWORD

This manuscript is presented in an article format in accordance with Rules A.11.5.3 and A.11.5.4 that are set out in the calendar of the North-West University: Potchefstroom Campus. The context and technical requirements of the accredited professional journals {*South African Journal of Clinical Nutrition*, *Social Work/Maatskaplike Werk*, and *Social Science & Medicine*} were used as a basis to formulate the articles. Chapter 3 is co-authored (see - Annexure 17). Financial support is acknowledged from: The National Research Foundation (a grant to Prof. H.H. Vorster) for the Alcohol, Food Security and Health project - reference FY2006041100003); The Research Committee in the Faculty of Human and Social Sciences – North-West University; and from the North-West University Emerging Researcher's Fund

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➤ Above all I acknowledge and believe that:

“...in all these things we are more than conquerors through HIM who loved us” Romans 8:37.

“... in al hierdie dinge is ons meer as oorwinnaars deur HOM wat ons liefgehad het.” Romeine 8:37.

“... dilo tsotlhe tse re di palela ruri, re di feny ka ENE yo o re ratileng” Baroma 8: 37.

SUMMARY

BINGE DRINKING AND INTERPERSONAL VIOLENCE IN THE NORTH WEST PROVINCE: A SOCIAL PERSPECTIVE

Key terms: Alcohol abuse, alcohol-induced violence, binge drinking, ecological model, interpersonal violence, public alcohol drinking places, social networks.

This study forms part of a larger study funded by the National Research Foundation (NRF) – FA 2006041100003, stretching across five years within AUTHeR (Africa Unit for Transdisciplinary Health Research), in the Faculty of Health Sciences at the North-West University, Potchefstroom Campus. The aim of the larger study is to gain a better understanding of alcohol consumption patterns and causes as well as consequences of binge drinking.

While the link between binge drinking and interpersonal violence is well documented, paucity of researched information focusing on the nature of the link was identified. The identified problem pointed to a need for a theoretical study, accomplished by means of a literature review. It is concluded that while binge drinking and interpersonal violence co-occur, there is no evidence that binge drinking causes interpersonal violence.

Literature is systematically reviewed to understand the social aspects of alcohol abuse in the broader South Africa. The review concluded that alcohol abuse is caused by a multiplicity of factors and does pose a threat to the quality of life of many South Africans. It has conclusively been determined that there is a need to re-address existing liquor policies.

Factors contributing to binge drinking and interpersonal violence at and around different alcohol drinking outlets were explored, following an observational study. The investigation produced some of the following findings:

- Neighbourhoods with a higher density of alcohol drinking outlets tend to display public disorder.
- Poor management of alcohol outlets poses a health and physical hazard to patrons.
- Marketing strategies used are aggressive and irresponsible.

It is concluded that there seem discrepancies between existing liquor policies and the actual running of liquor businesses.

Narratives of binge drinkers and those of non-binge drinkers were analysed using focus groups and in-depth interviews. The analysis revealed some of the following as precipitating and maintenance factors of the alcohol-violence link:

- A culture of drinking: Participants drink alcohol for social, cultural, coping, and enhancement motives.
- A culture of violence: Men seem violent prior to consuming alcohol, and violence seems to be a learned behaviour.
- Traditional gender roles seem transgressed by women mainly through their drinking of alcohol in public.

These findings necessitated further investigation into services in the North West Province in terms of job creation, liquor licensing, non-adherence to ethics and unavailability on weekends by some service providers, and the shifting of traditional gender roles of women. Based on the critical analysis of service delivery networks in the North West Province by interviewing key informants and analysing documents, it was revealed that, notwithstanding gaps, the province has policies in place dealing with: job creation; liquor regulation; ethically bound police services; specialized social work services to sexually assaulted victims on weekdays and weekends, and the empowerment of men. It has conclusively been determined that the analysed services, when re-addressed, hold possibilities of instilling hope in community members, including victims and perpetrators of alcohol-induced violence.

OPSOMMING

GEFUIF EN INTERPERSOONLIKE GEWELD IN DIE NOORDWES-PROVINSIE: 'N SOSIALE PERSPEKTIEF

Sleuteltermes: Alkoholmisbruik, alkoholgeïnduseerde geweld, gefuif, ekologiese model, interpersoonlike geweld, openbare alkoholdrinkplekke, sosiale netwerke.

Hierdie studie maak deel uit van 'n omvattende projek wat deur die Nasionale Navorsingstigting (NNS) – FA 2006041100003 befonds is, wat oor vyf jaar heen strek binne AUTHeR (Africa Unit for Transdisciplinary Health Research), in die Fakulteit Gesondheidswetenskappe aan die Noordwes-Universiteit, Potchefstroomkampus. Die doel van die omvattende studie is om 'n beter begrip van alkoholgebruikspatrone asook oorsake en gevolge van gefuif te verkry.

Hoewel die skakel tussen gefuif en interpersoonlike geweld goed gedokumenteer is, is 'n skaarste aan navorsingsinligting wat op die aard van die skakeling fokus, geïdentifiseer. Die geïdentifiseerde probleem het 'n behoefte aan 'n teoretiese studie wat deur middel van 'n literatuurstudie behaal is, uitgewys. Daar is tot die gevolgtrekking geraak dat hoewel gefuif en interpersoonlike geweld gepaard voorkom, daar geen bewyse daarvan bestaan dat gefuif interpersoonlike geweld veroorsaak nie.

Literatuur is sistematies nagegaan om die sosiale aspekte van alkoholmisbruik in die breër Suid-Afrika te verstaan. Die oorsig van die literatuur het tot die gevolgtrekking gelei dat alkoholmisbruik veroorsaak word deur 'n menigte faktore en dat dit wel 'n bedreiging vir die lewensgehalte van talle Suid-Afrikaners inhou. Daar is onweerlegbaar bevind dat daar 'n behoefte bestaan om bestaande drankbeleide weer onder die vergrootglas te plaas.

Faktore wat tot gefuif en interpersoonlike geweld by en in die omgewing van verskillende alkoholafsetplekke bydra, is ondersoek deur 'n observasiestudie te onderneem. Die ondersoek het die volgende bevindinge opgelewer:

- Buurte met 'n hoër digtheid alkoholafsetplekke is geneig om openbare wanorde te ondervind.
- Swak bestuur van alkoholafsetplekke hou 'n gesondheids- en fisiese risiko vir klante in.

- Bemarkingstrategieë is aggressief en onverantwoordelik.

Die gevolgtrekking waartoe geraak is, is dat daar diskrepansies blyk voor te kom tussen bestaande drank beleide en die werklike bedryf van drankbesighede.

Vertellings van dié wat fuif en dié wat nie fuif nie, is geanaliseer deur gebruik te maak van fokusgroepe en indiepte-onderhoude. Die analise het die volgende as nuwe- en handhawingsfaktore van die alkohol-geweldskakel aan die lig gebring:

- 'n Drinkkultuur: Deelnemers drink alkohol om sosiale, kulturele, cope- en versterkingsredes.
- 'n Geweldkultuur: Mans blyk gewelddadig te wees voordat hulle alkohol inneem, en geweld blyk 'n aangeleerde gedragssuiking te wees.
- Tradisionele geslagsrolle word blykbaar deur vroue oortree; hoofsaaklik deurdat hulle drank in die openbaar gebruik.

Hierdie bevindinge noodsaak verdere ondersoek na dienste in die Noordwes-Provinsie met betrekking tot werkskepping, dranklisensiëring, nievoldoening aan etiese norme en nie-beskikbaarheid van sommige diensverskaffers oor naweke en die verplasing van tradisionele geslagsrolle van vroue. Gegrond op die kritiese analise van diensleweringnetwerke in die Noordwes-Provinsie deur onderhoude met sleutelinformante te voer en dokumente te analiseer is aan die lig gebring dat, niesteenstaande gapings, die Provinsie oor beleide beskik rakende werkskepping, drankregulering, eties gebonde polisdienste, gespesialiseerde maatskaplikewerkdienste aan seksueel aangerande slagoffers op weekdae en oor naweke en die bemagtiging van mans. Daar is onweerlegbaar bevind dat die geanaliseerde dienste moontlikhede inhou om hoop in te boesem by lede van die gemeenskap, insluitend slagoffers en oortreders van alkohol-geïnduseerde geweld.

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CHAPTER 1

ORIENTATION TO THE STUDY

1. CONTEXTUALIZATION AND PROBLEM STATEMENT

Alcohol use is a global phenomenon. The practice has been present in African social life for centuries as it has also been in other parts of the world, either as a form of entertainment, bonding, confidence boosting, relaxation and euphoria, except in instances where it is outlawed for religious purposes, such as in predominantly Muslim communities. Large quantities of brewed or distilled drinks are often produced in local communities or commercial enterprises to meet the demands of consumers (Meel, 2006:1; Obot, 2006:17).

Alcohol consumption patterns are said to be different from one setting to the other. For instance, globally per capita consumption is approximately 5 litres of ethanol per person in the adult population. The highest level of drinking by adults in the world is said to be in Europe where adult per capita consumption for more than two decades has been of increasing consumption, though declines in per capita consumption were recorded for more than two decades. In Africa the average consumption is about 4 litres of alcohol, whereas in South Africa it is estimated that the per capita alcohol consumption is about 10.3 and 12.4 litres, with the highest level reflecting the amount including home brewed alcohol (Obot, 2006:20; Parry & Dewing, 2006:42). Per capita alcohol consumption denotes the level (average volume) of alcohol consumption per adult per year. Alcohol consumption patterns on the other hand show whether or not the drinking in a country is hazardous (Obot, 2006:21).

As is evident, South Africa is said to be falling in the group of countries displaying the most hazardous pattern of drinking, sometimes termed binge or risky drinking. Apart from health problems, binge drinking also manifests in different kinds of social ills (Parry & Dewing, 2006:42).

It is against this background that this study sought to investigate the relationship between binge drinking and interpersonal violence, so that guidelines for an integrated and coherent strategy and programme that will address alcohol problems in the North West province (particularly in the Southern and the Bophirima areas) be formulated. The terms risky, hazardous, binge, and heavy episodic drinking are

used interchangeably in this study. Binge or risky drinking will mean for males: drinking five or more drinks per day, and for females: as drinking three or more drinks per day. Also, drinking will be indicated by the level of the population drinking first thing in the morning, drinking to intoxication, drinking apart from meals and drinking on weekends (Odejide, 2006:42; WHO Global Status Report on Alcohol, 2004:1), whereas interpersonal violence encompassed: intimate and non-intimate partner violence, mainly against women, and manifesting in all types of violence, particularly sexual assault.

According the WHO Global Status Report on Alcohol (2004:63-64), the relationship between alcohol and violence is complex and the precise role of alcohol remains unclear. Binge drinking has been strongly linked to violence between partners and to a lesser extent to violence towards others, possibly because of proximity. It is for this reason that researchers generally are confronted with the task of trying to unravel this apparent connection between binge drinking and interpersonal violence. Studies on violence have shown that alcohol consumption commonly precedes violent events, and that the amount of drinking is related to the severity of subsequent violence (Felson & Burchfield, 2004:837; WHO Global Status Report on Alcohol, 2004:47). The links between binge drinking and interpersonal violence is well established and documented, as can be demonstrated from the findings of the National Injury Mortality Surveillance System (NIMSS), which reveals that, from about 60 000 non-natural deaths in South Africa in 2004, violence accounted for about 39,3% of the deaths. Blood alcohol concentration (BAC) levels were obtained in 10 617 of the 23 938 cases. The average BAC for those who tested positive was $0.17 \pm 0.09\text{g}/100\text{ml}$ (Matzopoulos, 2005:1). The stated quantity far exceeds $0.05\text{g}/100\text{ml}$, which is the legal limit of moderate degree of intoxication in South Africa (Matzopoulos *et al.*, 2006:83).

Reviews (WHO Global Status Report on Alcohol, 2004:2; WHO Intimate Partner Violence and Alcohol, 2006:2), have also found that excessive alcohol use by most men is a strong and consistent correlate of violence against women – the focus of attention in this study. According to Kalichman and Simbayi (2004:682) South Africa reportedly has one of the highest rates of violence against women in the world.

Nationally in South Africa 55 114 rape cases were reported to the police for the period 2004/2005. From the given figures about 5 074 rape cases were from the

North West Province (South African Police Service Crime Information Analysis Centre, 2006:1). Manifestations of these sexual assaults are the risk of contracting sexually transmitted infections, including HIV infections – which not only negatively affect the victims physically, socially and psychologically but significant others as well. These factors often impact negatively on livelihoods and contribute to poverty (Kalichman & Simbayi, 2004:68). Thus a vicious circle is set in motion.

Agreeing with Boles and Miotto (2003:156), the link between binge drinking and interpersonal violence is a complex phenomenon and does not imply linear causality. Instead, as Schoeman (2001:18) rightfully asserts, circular causality is posited. What is therefore problematised in this study is paucity of researched information focusing on the nature of the link between binge drinking and interpersonal violence, including the multiplicity of factors that precipitate and maintain this link.

The motivation for this study came from the need for new and meaningful development in the areas of alcohol and violence against women in South Africa. As points of illustration, gender-based violence and alcohol misuse remain the most pervasive forms of abuse in South Africa, and have been placed on the National Political Agenda as priority areas from 1994 to date. The South African Constitution and the Bill of Rights contain clauses that safeguard and promote women's rights as human rights, with explicit reference to gender-based violence and to be free from all forms of violence from either public or private sources. Yet women in South Africa are daily plagued by violence of all forms (Jacobs & Jewkes, 2002:551).

There seems to be a gap between what Padayachee (1998:57) terms "paper rights" and "real rights". The urgency for addressing this gap was evident from the State of the Nations address by the then President of South Africa in March 2007, when he indicated that the abuse of women and children continued at an unacceptable level (Mbeki, 2007:9).

Similar sentiments of concern were echoed by Skweyiya the then Minister of the Department of Social Development, who in his opening remarks at the first Biennial Summit on Substance abuse in February 2007, indicated that alcohol remained the primary substance of abuse in South Africa. That information indicating trends and

patterns of alcohol abuse is desired and essential and can assist government in planning responses (Skweyiya, 2007:1-2).

Nqakula, the then Minister for the Department of Safety and Security in his media briefing on "Justice, Crime Prevention and Security cluster" in 2006 reiterated the very concerns already alluded to on alcohol, violence and crime - that alcohol continues to be a problem that generates crime, that alcohol-related crimes have increased by 13.2%, while instances of driving under the influence of alcohol have shot up by 9.9%. Challenges posed to researchers in general, and to this research in particular, are indicated to be on factors relating to crime against women and children, as well as on rape and indecent assault (Nqakula, 2006:3).

This study forms part of a larger study funded by the National Research Foundation (NRF) – FA 20060411 00003, over five years within AUTHeR (Africa Unit for Transdisciplinary Health Research), in the Faculty of Health Science at the North-West University, Potchefstroom Campus. The aim of the larger study was to gain a better understanding of alcohol consumption patterns and causes and consequences of binge drinking, with one of its specific aims being to examine the phenomenon of binge drinking, which this study as part thereof sought to further investigate, in relation to interpersonal violence. The mandate of social work in South Africa, which also informed this research, is to prevent, manage and eradicate these social ills.

Given the research problem, the following research questions gave direction to the investigation:

- What is the link between binge drinking and interpersonal violence?
- What are the social aspects of alcohol misuse and abuse in South Africa?
- What are the factors contributing to binge drinking and interpersonal violence at and around different public alcohol drinking outlets?
- Which factors precipitate and maintain interpersonal violence inflicted by binge drinkers?
- What are the service delivery networks and policies in the North West province?

- What strategy and programme can be proposed to deal with the problems of binge drinking and interpersonal violence in the North West province – particularly for the Southern and the Bophirima areas?

2. RESEARCH AIM AND OBJECTIVES

The aim of this research was therefore to examine the phenomenon of binge drinking in relation to interpersonal violence, so that guidelines for an integrated and coherent strategy and programme that will address alcohol problems in the demarcated areas of the North West province be formulated. The aim of the research was achieved through the following specific objectives, which are:

- To determine the link between binge drinking and interpersonal violence.
- To investigate the social aspects of alcohol misuse and abuse in South Africa.
- To determine factors contributing to binge drinking and interpersonal violence at and around different public alcohol drinking outlets.
- To determine factors that precipitate and maintain interpersonal violence inflicted by binge drinkers.
- To investigate service delivery networks and policies in the demarcated areas of the North West province.
- To formulate a strategy and programme in order to deal with the problems of binge drinking and interpersonal violence in the North West province - particularly in the Southern and the Bophirima areas.

3. BASIC THEORETICAL STATEMENT

Insight into the social aspects of binge drinking and interpersonal violence will make it possible to identify gaps in service delivery in the fields of alcohol abuse and interpersonal violence.

4. THEORETICAL PERSPECTIVE

The ecological framework (see Annexure 1) is a practice perspective on which this study is based. The perspective identifies a range of factors that can increase individuals' risks of problems related to binge drinking and interpersonal violence.

The risk factors are divided into factors associated with the individual, with relationships between individuals, with communities and with society. This ecological model helps to understand the variety of influences that impact on violence and alcohol consumption and how they interact (WHO Alcohol and Interpersonal Violence Policy Briefing, 2005:4).

5. DEFINITION OF TERMS

The following definitions informed this study:

5.1 Alcohol abuse/misuse

Using the Diagnostic and Statistical Manual of Mental Disorder (DSM) criteria, alcohol abuse is defined as a maladaptive pattern of alcohol use leading to clinically significant impairment as manifested by the occurrence of or more of the following within a 12-month period:

- Recurrent alcohol use resulting in failure to fulfil major role obligations at work, school or home. For example, poor work performance related to alcohol use, alcohol-related absences or expulsions from school, neglect of children, even neglect of a household because of misusing and abusing alcohol.
- Recurrent alcohol-related legal problems. For example, arrests for alcohol-related disorderly conduct.
- Continued alcohol use despite having persistent or recurrent social or interpersonal problems caused by the effects of alcohol. For example, arguments with spouse about intoxication or engaging in physical fights with others (WHO Definitions of Alcohol-Related Disorders, 2004/2005:6-7).

5.2 Alcohol consumption patterns

Some of the indicators used in determining alcohol consumption patterns are: number of heavy drinking occasions (frequency), quantity of alcohol consumed, and setting (Obot, 2006:21). The following alcohol consumption patterns commonly occurring and relevant to this study are:

- **Binge drinking**

As used in this study, such drinking encompasses a drinking occasion leading to intoxication and to acute health and social consequences. The tendency is for such drinkers to consume large quantities in a short period, to drink outside meals, on weekends, frequently and to drink in order to get drunk (Obot, 2006:21; WHO Global Status Report on Alcohol, 2004:5). In this study, the terms risky, hazardous, binge and heavy episodic drinking are used interchangeably.

- **Moderate drinking**

Moderate drinking on the other hand denotes drinking that is moderate in amount, and tends not to cause social and health problems. Moderate drinking is defined by most addiction experts as no more than one drink a day for most women and no more than two drinks a day for men (Rasmussen, 2000:7). To be noted is the fact that most binge drinkers started to consume alcohol as moderate drinkers, meaning that a progression can result. However, not all moderate drinkers progresses to becoming binge drinkers.

5.3 Interpersonal violence

Interpersonal violence is divided into two sub categories, namely family and intimate partner violence, which is violence largely between family members and intimate partners, usually, though not exclusively taking place in the home. Community violence on the other hand is violence between individuals who are unrelated, and who may or may not know each other. This type of violence generally takes place outside the home (Dahlberg & Krug, 2002:5).

5.4 Sexual assault

Sexual assault is said to be the full range of forced acts, including forced touching or kissing, and verbally coerced intercourse, vaginal, oral and anal penetration. Both men and women can be sexually assaulted and can commit sexual assault. The vast majority of sexual assaults however, involve male perpetrators, with women as victims – this opinion and belief was upheld in this study (Abbey *et al.*, 2001:50).

5.5 Violence

The World Health Organization defines violence as “the intentional use of physical force or power, threatened or actual, against an individual, group or community, that either results in or has a high likelihood of injury, death, psychological harm, maldevelopment or deprivation” (Dahlberg & Krug, 2002:4).

6. METHODS AND PROCEDURES REGARDING THE INVESTIGATION

6.1. Type of research approach

A qualitative approach is used over and above quantitative research. The choice is based on the following conceptual dimensions as highlighted by Wicks and Whiteford (2006:95):

- **Content specific**

The qualitative dimension helps to understand the “life world” of the research participants and the myriad of influences upon it. The use of context-bound narratives in qualitative studies facilitates understanding of the complex relationship between what people do, and the context in which they live.

- **Emic perspective**

An insider’s perspective is crucial in understanding the meaning constructions of an individual, group or community, in relation to a specific phenomenon, as Payne and Payne (2005:176) put it: “Reality is captured in interaction”.

- **Interactive nature**

Qualitative research allows for new and at times unexpected findings to emerge. This is because it certainly excels at generating information that is very detailed, in the actual wording used by the participants (Payne & Payne, 2005:176). Since binge drinking and interpersonal violence involve complex and sensitive issues, detail and depth in interviewing is of paramount importance.

- **Power relations**

Participants have an opportunity of ownership and control over data and findings. In other words, participants are empowered to tell their story and to develop their

voices, leading to the question posed by Wicks and Whiteford (2006:95): “whose voice is speaking and whose voice matters?”

Quantitative research in the form of numbers presented in statistical terminology has minimally been used in this study as reference sources of other authors. Diagrammatic presentations in the form of tables bearing figures have also been used to emphasise facts.

6.2. Demarcation of the field of study

The setting for the investigation is the North West province of South Africa. According to *The Land and its People* (2007: 30), the province is centrally located in the sub-continent of Africa with direct road and rail links to all the Southern African countries, and to its own airport situated near the capital city Mafikeng. The province borders on Botswana and is fringed by the Kalahari Desert in the west and the Witwatersrand areas in the east (see Annexure 2).

The North West province is divided into four regions: Bojanala, Bophirima, Southern and Central regions. Of the 3 823 900 people living in the province, 65% are said to be living in the rural areas. According to the Labour Force Survey of March 2005 in *The Land and its People* (2007:30), the official unemployment rate was recorded as at 28, 8%, while the literacy rate is said to have been recorded as being in the region of 57% (see Annexure 3). Focus in this study is on the Southern and the Bophirima regions.

The rationale for the choice of this setting is the province's central location in the country. The choice is also informed by the findings of the Department of Health's South African Demographic and Health Survey (SADHS) conducted in 1998 by the Medical Research Council (MRC) and the Macro International Inc, which revealed that: 43% of risky weekend drinkers were recorded as being from the North West province. Also 39,3% as against 29,5% risky weekend drinkers in the study are said to have been from the non-urban areas – a salient feature of the province, particularly that of the Bophirima region (Parry, 2001:2).

6.3. Research design

Phenomenology, ethnomethodology and snapshots comprised the research designs used. Phenomenology aims to understand and interpret the meaning

participants attach to their everyday lives. The purpose of ethnomethodology research design is to identify themes and commonalities in the interviews and discussions of participants (De Vos & Fouché, 2002:80). The combination of these research designs was first to afford the participants a voice and to record the participant's responses based on commonalities. These responses are also to be placed in themes, whereas with snapshots these involve a collection of different manifestation of expertise and other types of information in the form of interviews and documents (Flick, 2006: 142).

As a researcher one has to guard against imposing one's assumptions and biases onto the interviews. Bracketing of one's presuppositions is essential in order to make clear the distinction between the researcher's and participants' understanding and belief (Zakrzewski & Hector, 2004:65).

6.4. Sampling

Participants were selected purposefully and the following eligibility criteria obtained:

6.4.1 Age

The target group comprised of adults between ages 35 and 50 years. The age group was selected because according to the 1998 Demographic and Health Survey, combined samples of male and female drinkers in the given age groups had the highest levels of weekend risky drinkers at an average of 36% (Parry, 2001:2). The age group was also based on the criteria as used in the Prospective Urban and Rural Epidemiological – PURE study (Department of Physiology and Nutrition, 2005), which provided baseline data for chapter 5.

6.4.2 Gender

Both male and female respondents qualified for inclusion in this study. Binge drinking and interpersonal violence affect both genders, either as perpetrators and/or victims.

6.4.3 Geographical distribution

In order to capture and address the rural-urban including the informal settlement dichotomy, from the demarcated regions, four areas were included in the investigation and these are divided as follows:

6.4.3.1 Urban

- Established urban – Potchefstroom and Ikageng areas.
- Informal settlement: Sonder Water.

6.4.3.2 Rural

- Urban rural – Ganyesa
- Very rural – Tlaskgameng

6.5. Literature study

In this study, a systematic review was conducted on the social aspects of alcohol misuse and abuse in South Africa. Both international and local literature dealing with the theme was sourced. The following data bases were utilised: Ebscohost, including the Academic Search Premier, Master File Premier, Psyc Info and Eric; NIPAD; WHO; MRC; CSIR; NEXUS; Science Direct; Informine; and the South African Government links.

6.6. Data collection methods

To realize the aims of this research, observations, focus group discussions, in-depth interviews, key informant interviews and a study of documents were used (see Annexure 4). Methodological triangulation - that of engaging multiple methods of data collection was used in order to improve validity and reliability (Nieuwenhuis, 2007:80). Several studies such as Morojele *et al.* (2006); PURE Study (Department of Physiology and Nutrition, 2005); the Thusa Study (Vorster *et al.*, 2000) and the WHO Policy Briefing on Interpersonal Violence and Alcohol (2006) were consulted to aid in the design of guide questions and the guideline for unstructured observations (Polit & Beck, 2008: 402). The following factors obtained for each data collection tool:

6.6.1 Observations

Observations were carried out at and around different public alcohol drinking outlets. Data during observations was captured through structured observation. Predetermined categories of behaviour and situations of what was observed were

identified by means of a guideline/schedule for unstructured observations (see Annexure 5).

6.6.2 Focus group discussions

Focus group discussions were used to enable participants to build on each other's ideas and comments in order to provide an in-depth view not attainable from individual interviews (Nieuwenhuis, 2007:90). Group discussions were facilitated around a particular topic such as: Why do people drink alcohol excessively and others not? The topic further developed into sub-topics (see Annexure 6).

6.6.3 In-depth interviews

The aim of using in-depth interviews was to see the world through the eyes of the participants, and also to obtain rich descriptive data helpful to understand the participants' construction of knowledge and social reality (Nieuwenhuis, 2007:87). The question posed to men binge drinkers was: What is your impression of women who consume alcohol? Thereafter sub-questions emerged. For women binge drinkers the question was: What are the women's reasons for drinking alcohol? Sub-questions thereafter emerged (see Annexure 7).

6.6.4 Key informant interviews

Key informant interviews were used as data gathering techniques. Key informants or respected and knowledgeable people in a setting under study are crucial for a number of reasons: First, informants can provide valuable knowledge that can lead to a better understanding of a setting under study. In other words they can facilitate entrance into an area of operation as well as into an organization. In addition, key informants can also be used to identify emerging themes in the interview process, based on their insight of the subject matter (Schurink, 2002: 285).

With key informants the question posed was: What are your services and policies in the North West province in relation to: employment creation (Department of Public Works); alcohol administration (Department of Economic Development and Tourism); dealing with the insensitive handling of victims of alcohol-induced violence and their reports by some members of the South African Police Services (SAPS); dealing with the unavailability of social workers on duty over weekends (Departments of Social Development and Health); dealing with the empowerment of

men (South African Men's Action Group North West)? Sub-questions then followed, ensuring that the main question was further expanded on (see Annexure 8). Questions were consistently reviewed and elaboration probes were used, in order to get a full picture of the situation by asking participants to tell more about an example made or an answer given (Nieuwenhuis, 2007:5).

6.6.5 A study of documents

A study of documents was used to further enhance information obtained from the key informants. This type of data collection method focused on all types of written communications that shed light on the phenomena being studied. Written data sources included published and unpublished documents, organization reports, memoranda, agendas, and administrative documents (Nieuwenhuis, 2007:82).

6.7 Data analysis

For the analysis of the data the approach by Hubberman and Miles was employed and consisted of the following three linked sub-processes as given by Poggenpoel (1998:340):

6.7.1 Data reduction

With data reduction the universe of data is reduced in an anticipatory manner. In the case of this research, this was done in relation to research questions and/or discussion topics. Once the actual field notes were available, data summaries, finding themes and writing stories were used to further reduce and condense the data.

6.7.2 Data display

Once stories were written with themes having emerged, the data was then displayed for conclusion drawing.

6.7.3 Conclusion drawing and verification

Interpretations and meanings were then drawn from the displayed data. The range of tactics used included noting of patterns with member checks – where data and findings are verified by other respondents than those originally involved (Maree & Van der Westhuizen, 2007:38).

6.8. Procedure

The researcher made preliminary visits to the selected sites. This was to acquaint the leaders (see Annexure 9), including the Mayor-Potchefstroom Municipality and the Barolong Boo Tlou le Tau бага Letlhogile Traditional Council (see Annexure 10), as well as the people on these sites with the purpose of the study and to get their cooperation. The information was imparted in their home language Setswana. Two local women (PURE fieldworkers) were employed as field work assistants in this current research in order to help in organizing meetings with selected participants through community-based organizations (see Annexure 11).

6.9. Ethical aspects

Ethical approval was obtained for the study - nr NWU – 00047-07-S7 (see Annexure 12), from the Ethics Committee of the North-West University. All participants were fully informed about the objectives and procedures of the study. The briefing sessions were followed by completion of consent forms (see Annexure 13), the conditions of which were binding to the researcher. During the interview sessions anonymity was ensured in that no personal names were asked. Confidentiality was assured and entrenched moreover because the researcher is a registered social worker with the South African Council for Social Service Professions (in terms of the Social Services Professions Act 110 of 1978, as amended), and therefore bound by its code of ethics. Debriefing sessions were held at the end of the interview sessions in order to rectify any misperceptions which might have arisen in the minds of some participants (Strydom, 2002:25-29). The PURE study, which provided baseline data for Chapter 5, was ethically approved by the North-West University – reference nr 04M10.

7. STRUCTURE OF THE RESEARCH REPORT

The research is written in article format and structured in the following chapters:

- Chapter 1: Orientation to the study.
- Chapter 2: The link between binge drinking and interpersonal violence: An ecological perspective.
- Chapter 3: The social aspects of alcohol misuse/abuse in South Africa.

- Chapter 4: Factors contributing to binge drinking and interpersonal violence at and around different public alcohol drinking outlets.
- Chapter 5: Factors that precipitate and maintain interpersonal violence inflicted by binge drinkers.
- Chapter 6: Service delivery networks and policies in the North West province.
- Chapter 7: Conclusion and Recommendations.

Chapters 2, 3, 4, 5, and 6 were written in article format. Chapter 3 is written in accordance with author guidelines of the *South African Journal of Clinical Nutrition* (see Annexure 14). The author guidelines of the *Social Work/Maatskaplike Werk* were taken into consideration for Chapter 2 (see Annexure 15). Chapters 4, 5, and 6 are written in accordance with the author guidelines of *Social Science & Medicine* (see Annexure 16).

For purpose of uniformity and consistency to the instructions of the North-West University Manual for Postgraduate Studies (2008), the following deviations are made from the provided guidelines:

- The articles are typed in 1.5 spacing.
- The font size is 12.
- Font used is Arial.

8. AUTHORS CONTRIBUTIONS OF THE SEPERATE ARTICLE IN THIS THESIS

An article reported in this thesis was planned and executed by a team of researchers and the contribution of each is listed in Annexure 17. A statement from the co-authors is also included, confirming their role in the article and giving their permission for the inclusion of the article in this thesis. The statement is as follows:

“I declare that as co-author I have approved the co-authored article, that my role in the study, as indicated in Annexure 17, is a representation of my actual contribution and that I hereby give consent that the article may be used as part of the PhD thesis of Ms N.G Phetlho-Thekisho”

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CHAPTER 2

THE LINK BETWEEN BINGE DRINKING AND INTERPERSONAL VIOLENCE: AN ECOLOGICAL PRACTICE PERSPECTIVE

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ABSTRACT

The objective of this article was to determine the link between binge drinking and interpersonal violence. This objective was achieved by means of a literature review. The concepts binge drinking and interpersonal violence are comprehensively defined, with a description of the link between the two phenomena. An ecological model is used to provide a theoretical framework for understanding risk factors for different types of violence, including alcohol-induced violence. Risk factors for alcohol-related interpersonal violence are discussed under: individual, relationship, community, and social factors.

It is concluded that, while binge drinking and interpersonal violence co-occurs there is no conclusive evidence that binge drinking causes interpersonal violence. Existing research points to an association only together with an increased risk of interpersonal violence when both the perpetrator and victim have been drinking.

The ecological model demonstrates that violent behaviour grows from a complex interplay of individual, relational, communal and societal dynamics. The risk factors associated with alcohol-related interpersonal violence at all levels seem to be stressors which contribute in creating lack of synergy and adaptation between people and their environment – a situation manifesting in inhibition of coping skills for the individual, family relationships, the community, and society as a whole, including reduction of community cohesion, and service delivery.

Finally, much as the ecological model has attempted to provide a holistic analysis

of the various factors contributing to alcohol-related interpersonal violence from different spheres, these different spheres of influence can also be used to bring about desired change. The type of change envisaged can be structural, and attitudinal, manifesting in a multi-disciplinary and multi-sectoral approach.

Key terms: Alcohol-related interpersonal violence, binge drinking, ecological model, risk factors for alcohol-related interpersonal violence.

1. INTRODUCTION

Binge drinking and interpersonal violence are said to be major challenges to global public health. Both place large burdens on the health of populations, the cohesion of communities and the provision of social services including health care and the criminal justice (WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006:1). Much as all categories of people from all backgrounds and settings seem affected by interpersonal violence, most victims globally and locally seem to be women. The violence encountered by most women in its various forms is endemic in different communities and countries around the world, cutting across class, race, age, religious affiliations and national boundaries (WHO Ethical and safety recommendations, 2001:7). This type of violence against women happens in both the public sphere and in privacy of their homes (Service Charter for Victims of Crime in South Africa, 1999:4). One of the commonest forms of interpersonal violence is that performed by an intimate male partner legally married or not (Heise & Garcia-Moreno, 2002:89).

2. PROBLEM STATEMENT

The WHO Policy Briefing on Interpersonal Violence and Alcohol (2006:3-4) indicates that levels and patterns of alcohol consumption vary widely between countries. Similarly, levels of interpersonal violence differ between countries. However, across countries, harmful alcohol use is estimated to be responsible for loss of lives of both men and women, with the majority being women, evidenced from the following given scenarios:

- In the United States of America, among victims that were able to report whether their attacker had been using alcohol, 35% believed the offender had been drinking.
- In England and Wales, 50% of victims of interpersonal violence reported the perpetrator to be under the influence of alcohol at the time of assault.
- In Russia, around three-quarters of individuals arrested for homicide had consumed alcohol shortly before the incident.
- In South Africa, 44% of victims of interpersonal violence believed their attacker to have been under the influence of alcohol (WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006:3-4).

It is evident from the provided problem area, that alcohol-induced interpersonal violence is not confined to any one area. This type of violence tends to affect people worldwide, and from different settings and backgrounds. Much as both genders are involved, perpetrators of alcohol-induced interpersonal violence tend to be men with women as victims.

Heise's proposal (Scottish Government Publications, 2005:2) of an ecological practice perspective to provide a conceptual framework for understanding risk factors for different types of violence, including alcohol-related violence, is used in this article. This model attempts to integrate several different perspectives on interpersonal violence mainly against women. The ecological model is also used to help understand the victim and perpetrator of the alcohol-related violence holistically, including understanding a wide range of environmental factors that can increase a persons' risk of either being a perpetrator or a victim of alcohol-related violence. For instance, when an individual is experiencing a problem it is important to find the possible source of the problem. Is it something within the individual, or something that evolved because of a situation within the individual's immediate family, or a result of the effects of other members in the family? Does the source of the problem arise from a conflict between the individual's values and the social structure in which the individual lives? The source of the problem may be a combination of all these elements or only one of them. This can be termed a poor person-environment fit (Friedman, 1999:10).

3. OBJECTIVE

The objective of this article was to determine the link between binge drinking and interpersonal violence.

4. DEFINITION OF TERMS

Any analysis of binge drinking and interpersonal violence needs to be introduced by means of comprehensive definitions of what the two terms mean, and an indication of the link between the two phenomena.

4.1 Binge drinking

The term *binge drinking* can mean different things to different people. Previously, the term is said to have meant a pattern of heavy drinking that occurs over an extended period set aside for this purpose. However, it is now commonly used to describe a drinking session that encompasses consumption above a given cut-off level of alcohol. This cut-off level can differ from one setting to the other. Occasionally this type of alcohol consumption pattern is also referred to as harmful, hazardous and episodic heavy drinking, which is defined in the European situation as a drinking occasion that includes consumption of at least 6 litres of alcohol (Anderson, 2008:14-15). In the South African situation binge or risky drinking will mean for males: drinking five or more drinks (units) per day, and for females: as drinking three or more drinks (units) per day. Also, drinking will be indicated by the level of the population drinking first thing in the morning, drinking to intoxication, drinking apart from meals and drinking on weekends (Odejide, 2006:42; WHO Global Status Report on Alcohol, 2004:1).

Binge drinking is said to be different from intoxication, which can be defined as “a condition that follows the administration of alcohol and results in disturbances in the level of consciousness, cognition, perception, judgment, affect, or behaviour, or other psycho-physiological functions and responses (Anderson, 2008:15).

4.2 Interpersonal violence

According to the WHO Alcohol and Interpersonal Violence Policy Briefing (2005:1), *interpersonal violence* is violence inflicted by an individual or small group of

individuals and includes physical and sexual assault, emotional and psychological abuse, and neglect. Interpersonal violence is further categorized as follows:

- Youth violence: violence committed by young people.
- Child abuse: violence inflicted on and neglect of children by parents and caregivers.
- Intimate and non-intimate partner violence: violence occurring within an intimate relationship, as well as violence involving non-intimate partners.
- Abuse of elderly people: mistreatment or neglect of older people by family members and/or caregivers.
- Sexual violence: including sexual assault, unwanted sexual attention and sexual coercion.

Emphasis in this study was however, on violence committed against women in both intimate and non-intimate relationships and involving the different categories of interpersonal violence. This type of interpersonal violence is also to be alcohol-induced. Both men and women can be perpetrators of interpersonal violence. However, in this study, men are viewed as perpetrators with women as victims of this type of violence. In further exploring interpersonal violence against women, reference is made to the following types of abuse, involving power and control over women's' lives:

4.2.1 Physical abuse

The most familiar form of violence inflicted by men on women is physical abuse (Mullender, 2002:19). Physical abuse is seen to be any deliberate physical assault on an individual's body that harms her in any way. It may or may not involve visible signs of injury. Amongst others, this may include kicking, hitting, slapping, choking, burning, stabbing and shooting the victim (Rasool *et al.*, 2002:10-11).

4.2.2 Sexual abuse

Sexual and physical violence are frequently combined in dominating women's behaviour (Mullender, 2002:21). Sexual violence is defined as any sexual act, including an attempt to obtain a sexual act, unwanted sexual comments or advances directed at a person's sexuality using coercion, by any person regardless

of their relationship to the victim, in any setting, including but not limited to the home (Jewkes *et al.*, 2002:149). Sexual violence also does include marital rape, defined as: a criminal act (in most countries including South Africa) of violently forcing a non-consenting intimate partner to engage in some form of sexual contact (New Dictionary of Social Work, 1995:52).

A variety of sexually violent acts can take place in different circumstances in a domestic setting such as:

- Rape within marriage or dating relationship.
- Forced marriage or cohabitation including the marriages of children.
- Denial of the right to use contraception or to adopt other measures to protect against sexually transmitted diseases (Jewkes *et al.*, 2002:149).

Research confirms that many women have been abused sexually, including being raped by both intimate partners and non-intimate partners. Most of these cases are said to have not been reported for fear of further violence. There seems to be a taboo attached to admitting that rape takes place between married couples or those cohabiting (Phorano *et al.*, 2005:199). An empirical study (Kalichman & Simbayi, 2004:687) also found that 44% of women surveyed had a history of sexual assault, and that there is a relationship between sexual assault history and the risk of STI's, including HIV infection. Women living in poverty and those who lack power in their relationships are said to be at risk for multiple forms of abuse including coercion into unwanted sexual experiences, sexual assault and violence.

4.2.3 Emotional abuse

Men who have been physically abusive are said to be deliberately using psychological tactics to reinforce their control. Once the fear of further attacks is established, threats, gestures and glares will suffice to maintain the atmosphere of fear for women (Mullender, 2002:23-24). Emotional abuse can also include acts such as withholding affection by a person in an intimate relationship, and insulting behaviour, controlling behaviour, and threats to harm the woman, her children, pets or belongings (Rasool *et al.*, 2002:10).

4.2.4 Economic abuse

Economic abuse includes any coercive act of not allowing a woman to work for a living, forcing her to hand over all or part of her earnings, or drawing from her personal or a shared bank account without her knowledge or consent (Rasool *et al.*, 2002:10).

4.3 Links between interpersonal violence and alcohol

According to Galvani (2004:358), there is no doubt that alcohol seems to be a factor in many men's violence to women. However, there is also no conclusive evidence that alcohol directly causes violent behaviour. Existing research points to an association only, together with an increased risk of violence when the male perpetrator has been drinking (Galvani, 2004:358; WHO Alcohol and Interpersonal Violence, 2005; WHO Intimate Partner Violence and Alcohol, 2006; WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006). As an illustration, the following are numerous mechanisms highlighted by the WHO Policy Briefing on Interpersonal Violence and Alcohol (2006:4-5) linking alcohol and interpersonal violence:

- Alcohol use directly affects cognitive and physical functioning. Reduced self-control and ability to process incoming information makes drinkers more likely to resort to violence in confrontation (for example youth violence), and reduced ability to recognize warning signs in potentially violent situations makes victims to be easy targets for perpetrators (for example sexual violence).
- Individual and societal beliefs that alcohol causes aggressive behaviour can lead to the use of alcohol as a way of excusing violent acts (for example intimate partner violence).
- Dependence on alcohol means that individuals may fail to fulfil care responsibilities or it can cause them to extort money from relatives to purchase alcohol (for example abuse of older persons).
- Experiencing or witnessing violence can lead to the use and misuse of alcohol as a way of coping or self-medicating (for example as a consequence of child abuse).

- Prenatal alcohol exposure (resulting in foetal alcohol effects) is associated with behaviour and social problems, including delinquent behaviour, sexual violence and suicide in later life.

5. THE ECOLOGICAL PRACTICE PERSPECTIVE FOR UNDERSTANDING RISK FACTORS FOR ALCOHOL-RELATED INTERPERSONAL VIOLENCE

5.1 Background to the ecological practice perspective

The ecological practice perspective focuses on the relationship and reciprocal and adaptive transactions among organisms (for example a person, couple, family, group, organization, communities or larger societal structures) and their bio-psycho-socio-cultural-economic-political-physical environment (Weyers, 2001:15). Bronfenbrenner in Green (2008:199) has also defined the ecological approach to human behaviour as the “scientific study of the progressive, mutual accommodation, throughout the life course between an active, growing human being and his or her environment”. Green (2008:199) sees the approach as a broad framework that synthesizes ideas from a number of human behaviour and social work practice theories, and a perspective that offers rich, eclectic social work knowledge and practice base.

The different typologies of environment are encompassed by different dimensions, such as in: **Psychological environment** – it is abstract by nature and consists of the attitudes people acquire and display towards others around them, based on life experiences; **Social environment** – entails how communities are structured and how people relate to one another (interact). One also finds, as part of the social environment, the importance of understanding the impact of negative forces of communities on people such as delinquency, crime, violence and substance abuse; **Cultural environment** – determines the norms and values of people and is also adapted or changed by people as the need arises. Culture creates or contains taboos and provides a framework according to which people act and react to daily life; **Economic environment** – the economic context can refer to the rate of employment/unemployment, presence and activity of commerce and industry and to the presence and scope of informal economic activity; **Political environment** – entails different power structures such as traditional or democratic. Political systems and parties, policies, legislative and state institutions are also examples of

the political environment. Within this type of environment it is about gaining access to resources to satisfy needs; **Physical environment** – is about habitat, infrastructure, natural resources and climatic conditions, for example the resulting lack of food crops will in turn affect the health of communities (Swanepoel & De Beer, 2004: 6-10; Weyers, 2001: 16).

Despite questions about the clinical usefulness of the ecological practice perspective, Greene (2008:199-200) provides a number of reasons for its growing acceptance as a practice approach. First, the ecological approach is an extension of the social work profession's long – standing interest in service modalities directed toward enhancing both the intrapsychic life of the client on and the client's environmental condition or situation. This interest is the complementarity between person and environment. Second, the perspective addresses the person-in-environment as one entity. The concepts emphasised in the ecological perspective, focus on the person-environment as a unitary system in which humans and environments reciprocally shape each other. Third, the ecological perspective combines concepts from many disciplines that deal with growth-inducing experiences. Theorists who have contributed to the ecological perspective are interested in the complex network of forces that positively affect the individual in his or her behavioural setting. They are concerned equally with ameliorating negative life situations that impair growth, health, and social functioning, such as oppression and poverty, unemployment, and pollution.

Bronfenbrenner as cited in Gittermann and Germain (2008:51) further identifies four interrelated components of the ecological perspective. The first component is the development process that is shaped by and shapes that dynamic relationship between the individual and her or his context; the second component is the person's repertoire of biological, cognitive, emotional, and behavioural disposition and characteristics and its impact on the developmental process; the third component is the context for human development, that is, the nested systems levels; and the fourth component is the multiple dimensions of temporality that influence change across the life course.

In further trying to explain the ecological practice perspective, Germain (1984: 58) focuses on three core concepts that are especially pertinent to social work practice in health care: adaptedness, stress and coping. The model views human

development and functioning - including health and illness - as outcomes of continuous exchanges between the individual and social environment, the physical setting, and the cultural context. The exchanges have the properties of circular feedback loops rather than those of one-directional, linear chains of cause and effect. Circular feedback loops are said to refer to transactional processes in which internal and external “messages” concerning the outcomes of the processes feed back to the individual and shape the continuing processes. The key concepts are further elaborated on:

- **Adaptedness:** When exchanges go well, a state of adaptedness or person-environment fit is said to exist between the individual’s rights, needs, goals, and capacities and the qualities of the environment. People’s genetic potentialities for health and social functioning are released, and environments retain or even increase their capacity to support health, development and adaptive functioning. Adaptation is continuous because environments continually change and people’s needs and goals also change. People have to adapt to all changes they, or the environment, have induced.
- **Stress:** In contrast to adaptness, stress represents a poor person-environment fit. That is, a distressing person-environment relationship. Stress arises when the individual makes a conscious or unconscious appraisal of discrepancy between a demand (stressor) and his or her personal and environmental resources for meeting the demand, where it is important to do so. The person must understand the cause of stress and threatening situations to be able to deal with it effectively.
- **Coping:** The effectiveness of coping depends on the personal and environmental resources. Effective coping reduces or eliminates the stress. Ineffective coping results in unrelieved or even intensified stress. If marked stress continues, the end result may be physical dysfunction, emotional disturbance or social disruption in family and group life. These then lead to further stress in a circular feedback loop where stress arising from coping failure leads to additional stress. The newly added stress meets depleted coping resources, leading to further coping failure and more stress. Cause becomes effect and effect becomes cause. Coping skills can include various capabilities such as self-directedness and problem-solving skills; motivation to meet

stressful demands; and ability to maintain an optimal degree of inner comfort that will facilitate problem solving, including defence against immobilizing emotions and a favourable level of self-esteem. These personal resources depend on environmental resources for their effectiveness (Germain, 1984:58-67).

Concurring with Meinert *et al.* (2000:44), the provided background to the ecological perspective has indicated the following guidelines for social work practice, and beneficial to this study in helping to understand the alcohol-induced violence:

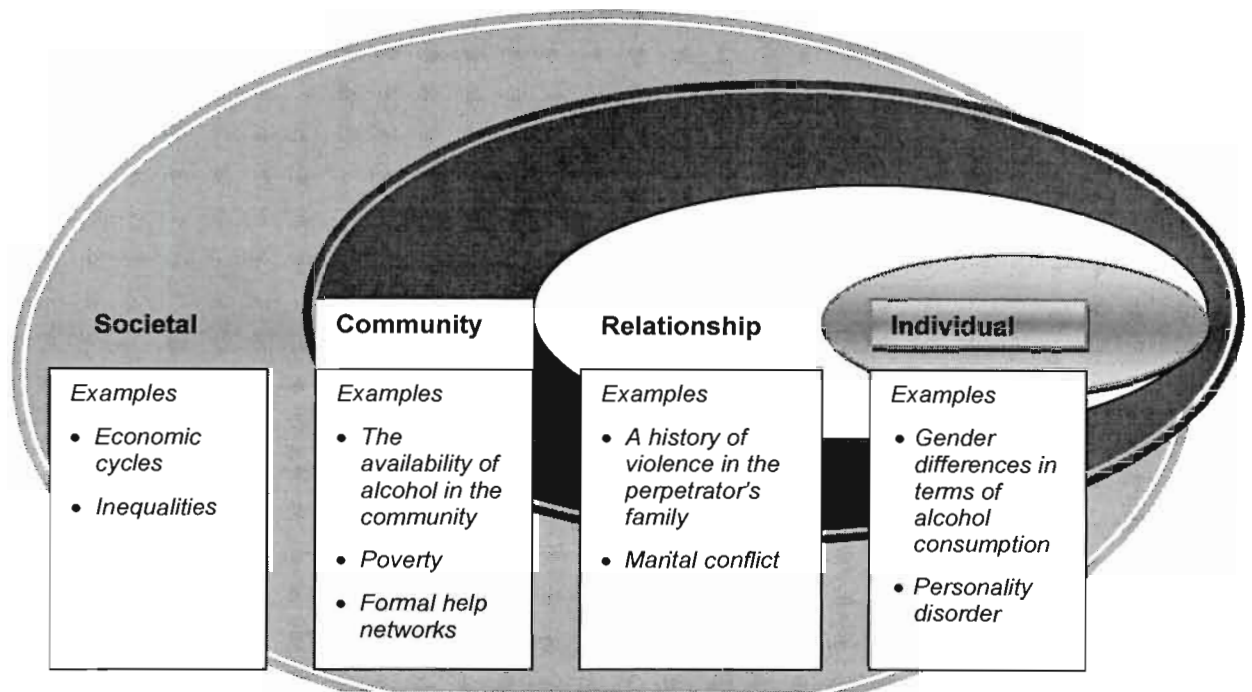
- The interactions between individual and family are critical for understanding social functioning. Meaning that people are not to be understood in isolation.
- Practice roles are conducted in a person-in-the-environment context, holistically
- An important aspect of practice is to focus on the life cycle and transition within this cycle
- The focus is on strengths, not deficits, of people. After all, every human being has capabilities and potentials, which might be latent, and should be developed
- Assessment occurs at the multiple levels including micro, mezzo, and macro

The multiple levels of the ecological practice perspective in the form of risk factors associated with alcohol-induced related interpersonal violence are further discussed.

5.2 Risk factors associated with alcohol-related interpersonal violence

In an attempt to understand the risk factors associated with alcohol-related interpersonal violence, Heise (Scottish Government Publications, 2005:2) suggests that there may not be one single “cause” but rather a whole range of variables which can increase or reduce a woman’s risk for experiencing violence, especially violence related to alcohol. It must, however, be acknowledged that risk factors are not the same as causes, and that the risk factors are complex and occur at different levels. Four levels are visualized as embedded concentric circles (see Figure 1).

FIGURE 1: ECOLOGICAL FRAMEWORK



Source: WHO - World Report on Violence and Health, 2002.

The presentation of the risk factors associated with alcohol-related interpersonal violence from either side has significance. However, in this research the presentation is from the individual to societal level in order to emphasise the individual as being core to the model.

According to Figure 1, the innermost circle identifies biological and personal factors that influence how individuals behave and increase their likelihood of becoming a victim or perpetrator of violence: personality disorder and alcohol abuse serve as examples. The second level (Figure1) focuses on close relationships, such as those with family and friends. In youth violence, for example, having friends who engage in or encourage violence can increase a young person's risk of being a victim or perpetrator of violence. For intimate partner violence, the most consistent marker at this level of the model is marital conflict or discord in the relationship. In elder abuse, important factors are stress due to the nature of the past relationship between the abused person and care giver, or overcrowded living conditions. The third circle (Figure1) represents the community within which people interact and

within which institutions and social structures (both formal and informal) exist that perpetuate the occurrence of alcohol-related violence. The outer layer of the model (Figure1) represents the society within which general views and cultural beliefs are at large, and make alcohol-related violence acceptable (Betron & Doggett, 2006: 16; Krug *et al.*, 2002:1085). The following is a further analysis of these multiple factors:

5.2.1 Individual factors

This level seeks to identify the personal factors that an individual acquires. In other words this level focuses on aspects of the individual that tends to increase the likelihood of either being a victim and or a perpetrator of violence such as in:

5.2.1.1 Alcohol use by men as perpetrators

Perpetrators of alcohol-related interpersonal violence are more likely to be male. Binge drinkers are more likely at risk of perpetrating violence, than are those that start drinking alcohol at an earlier age (WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006: 6). For example, in the United Kingdom, men aged 16-24 years are most likely to perpetrate alcohol-related violence towards strangers, whereas men 25 years or older commit most alcohol-related violence towards acquaintances (WHO Alcohol and Interpersonal Violence Policy Briefing, 2005: 4-5).

Women binge drinkers on the other hand are at a far greater risk of becoming victims of alcohol-related violence. Greater risks of victimization have also been found among women who drink frequently, drink in greater quantities, are single, separated or divorced and who are unemployed (WHO Alcohol and Interpersonal Violence Policy Briefing, 2005:4).

The differences in gender behaviour may stem from the socialization process of both the boy and the girl child which appears varied in most African communities. Research by Boonzaier and De la Rey (2004:454) indicates that femininity has traditionally been constructed as nurturing, caring and selfless. Women are mostly construed as the providers of love and care, often putting their partners' needs before their own – a form of subservience. Whilst with boy children, they seem to go through a process which appears to encourage a suppression of their feelings (a tiger which may not cry) - to be competitive and aggressive, to be in charge and

tough, and to take risks. A macho masculine mystique is promoted. The possible end product of such a socialization process often presents as stubbornness, perpetually virile breadwinners of their families who are aggressive towards women, other men, and to themselves (Heery, 2001:24-25). Boonzaier and De la Rey (2004:454) further found that some such socialized men seem to take pride in the fact that they always provide for their families despite financial disagreements or struggles – a form of masculinity which seems to give them ownership of their families, including their women partners.

In societies where such traditional gender roles are observed and entrenched, the results have been the occurrence of unequal gender relations. As an illustration, some cultural practices in South Africa still seem to expect women to defer to men in decision making in both the public and the private spheres, amidst constitutional changes. As a result most women tend to experience obstacles in entering corporate management and other decision-making positions, including public office. Those women who have penetrated decision-making structures (seemingly transgressed traditional gender roles) tend to find the environment sexist and are often forced to leave. In such a climate of emotional abuse most women affected are said to resort to alcohol as a way of coping or self-medication (South Africa's National Gender Policy Framework for Women, 2000:17; WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006:2).

Furthermore, discriminatory practices on women seem also evident in the criminal justice system of most societies. A South African study (Padayachee, 2003:111) showed that women who are seen as "problem drinkers" are often viewed by the courts and society as more unacceptable than men who engage in the same behaviour. Society tends to see an alcohol-abusing woman as doubly deviant for she has transgressed not only the law or general social convention, but violated the norms of being a good woman. Her drinking tends to render her guilty to immediate and often unsubstantiated suspicious of incompetence as a woman, mother and most importantly as a wife – a form of emotional abuse which can result in personality disorder. On the individual level the issue is the degree to which women and men have internalized these societal expectations.

A review by Phorano *et al.* (2005:198) found that in most of the cases they studied violence in the household seemed to be alcohol related. Alcohol abuse and related

violence is reported to have increased at weekends and month-ends, when working men receive their wages and salaries. A positive explanation for the relationship between alcohol abuse and intimate partner violence is that drunkenness for men seems to have become an acceptable condition for venting frustration and anger, which seem to be suppressed when one is sober. Also, traditional practices of resolving conflicts through the extended family structures do not seem to work when one is drunk. Some research (Betron & Doggett, 2006:18) has also shown that men use alcohol as an aid for their violent actions. Findings suggest that some men feel less accountable for their violent actions when drunk and others intentionally use alcohol to enable them to beat their partners, which they feel, is socially expected of them. It also seems more likely that alcohol reduces inhibitions, clouds judgment, and impairs abilities to interpret social cues, thereby making some men who are predisposed to violent behaviour more likely to engage in violence, including violence against women.

5.2.1.2 Personality disorder

Heavy drinking is said to be more strongly associated with severe intimate partner violence among men with an antisocial personality disorder (WHO Intimate Partner Violence and Alcohol, 2006:4). The proponents of classical psycho-analysis have indicated the roots of violence to be embedded in a variety of psychological problems stemming from early experiences such as in infancy. They demonstrated how those who do not experience emotional security and loving relationship as infants do not in turn learn how to love and value themselves as well as becoming effective caretakers of their emotions later on in life. Manifestations of this void can lead to overreactions to real or imagined threats in a violent manner and can also increase the risk of a person becoming aggressive after drinking (Heery, 2001:23).

A study by Graham *et al.* (2004:391) on "Alcohol, gender and partner aggression" found that approximately 20% of respondents reported partner aggression, with drinking by one or both partners occurring in 35–40% of incidents. Alcohol use at the time of aggression is said to have been associated with increased severity aggression, and anger, especially by a male towards a female respondent.

5.2.2 Relationship factors

This level explores how relations with peers, intimate partners and family members can increase the risk for violent victimization and perpetration of violence. Relationship dissatisfaction can strengthen the links between problem drinking and partner violence. Some evidence suggests that couples where only one partner (the man) drinks excessively are more likely to experience alcohol-related arguments and physical violence (WHO Intimate Partner Violence and Alcohol, 2006:4). Such behaviour can affect the children negatively in the following ways:

5.2.2.1 Learning within the family of orientation

The use of violence by most men against their partners may stem from their experience of having witnessed violence from their families of origin. As an illustration, a boy child growing up in a family may observe his father being violent with his mother. He may learn that such behaviour gets his father what he wants, and that he in turn can become violent to get what he wants. Over time such deviant behaviour may be self-reinforced. Not all children though, from similar situations will internalize such deviant behaviour. Other children do remain well-adjusted despite growing up with abuse (Heery, 2001:23).

Exposure to parental violence during childhood can also serve as a risk factor for alcohol dependence and other alcohol-related problems later on in life, and parental alcohol consumption, especially by the mother, increases the risk of violence offending among children (WHO Alcohol and Interpersonal violence Policy Briefing, 2005:4). Explanations for this learned behaviour is reflected in the social learning theory. According to Renzetti *et al.* (2001:6), social learning theory is one of the most popular explanatory frameworks for alcohol-related violence against women, suggesting that individuals learn how to behave through both experience of and exposure to alcohol-related violence. When individuals observe or imitate behaviour, they learn what those around them consider appropriate. Social learning theory also uses the concepts classical conditioning, instrumental or operant conditioning and modelling (Levin, 1995:175). With classical conditioning new behaviours are learned by being consistently and over time paired with other behaviours. This entails the coupling of an unconditioned stimulus with a conditioned stimulus to produce a conditioned response. Drinking alcohol can be

paired with an unconditioned stimulus (violence) and can become a conditioned stimulus for consummatory behaviour. As a result, the drinker has learned to be violent when intoxicated.

Operant conditioning on the other hand is a type of learning in which behaviours are influenced primarily by the results that follow them. What follows a particular behaviour determines how that behaviour will occur again, such as in positive reinforcement or either negative reinforcement. With modelling, learning occurs by observing others, which means the behaviour can only be learned through observation of its occurrence (Levin, 1995:176). As Levin (1995:178) puts it: social learning theory teaches that other people's behaviour is a powerful influence on others. Apart from the home serving as a learning environment, culture and the media also do seem to provide a number of models for violence (Galvani, 2004:359).

A study (Heery, 2001:24) has also thrown light on the negative effects on children of having no positive, committed fathers in their lives. There are apparently key tasks for fathers to help boys move through developmental stages which include managing aggression and anger, mentoring and protecting from violence and aggression.

5.2.2.2 Marital conflict

As would be expected, marital conflict is a major risk factor for intimate partner violence. In South Africa, women with frequent general conflict in their relationships were nearly 17 times as likely to experience alcohol-induced violence in the past year of their marriage (Betron & Doggett, 2006:20-21). In Kenya, women who were divorced or separated, presumably as a result of marital conflict, were more than four times as likely to have experienced sexual coercion, which is alcohol related. Kenyan women are also said to have cited conflict over money as the leading cause for alcohol abuse and intimate partner violence (Betron & Doggett, 2006:20-21).

Studies (WHO Intimate Partner Violence and Alcohol, 2006:3) of intimate partner violence against women routinely identify recent consumption of alcohol by men as perpetrators. Estimates vary between countries. In the United States of America, and in England and Wales, victims believed their partners to have been drinking prior to a physical assault in 55% and 32% of cases respectively. In Australia, 36%

of intimate partner homicide offenders were under the influence of alcohol at the time of the incident, while in Russia, 10.5% of such offenders were intoxicated. In South Africa, 65% of women experiencing spousal abuse within the last months reported that their partner always or occasionally consumed alcohol before the assault.

5.2.3 Community factors

This level examines the community contexts in which social relationships are embedded, and influenced by factors such as:

5.2.3.1 The availability of alcohol in the community

Greater concentrations of drinking venues within an area have been found to increase the risk of interpersonal violence in that area, particularly against women in the form of sexual assault. The alcohol-related assaults most frequently occur at night and particularly on weekend nights (WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006:7).

In most African communities, alcohol is available every day to the old as well as the young. It is not only formally produced but also informally manufactured (home brews) and sold in public drinking places such as shebeens. This availability has major influences on the overall alcohol consumption which manifest in the following ways:

- Drinking at the work place
- Experimenting with alcohol by young people who drink at schools
- Drinking at every gathering, such as at parties, funerals and formal meetings (Buning, 2006:3).

In most South African communities alcohol is freely available in an estimated 230 000 liquor outlets. This availability of alcohol accounts for South Africans consuming over 5 billion litres per year, often resulting in risky sexual behaviour, family and public violence and trauma (Health 24, 2000-2009:1).

In most of the cases these liquor outlets are predominantly situated in impoverished communities. Research (Hungerford *et al.*, 2008:2) shows that young women who visit bars frequently are most at risk of being victims of sexual aggression in nightlife environments, whereas men are more likely to initiate acts of sexual violence.

However, the risk of being victimized increases for both sexes following heavy alcohol consumption, which can reduce people's ability to interpret warning signs, make them less able to defend themselves, and reduce their risk perception of and consequently safety behaviours. More or less half of sexual assaults are related to alcohol and in most alcohol-related cases both the victim and perpetrator had been drinking.

5.2.3.2 Poverty

Categorizing poverty under any one of the levels of the ecological model seems relevant. However, in keeping with the model, it is discussed here under community factors. According to Betron and Doggett (2006:21), evidence points to the fact that poverty may also be considered an individual, relationship or societal factor. In settings as diverse as in the United States, Nicaragua and India, violence is more frequent in lower socio-economic groups, pointing to poverty's importance as a community and societal risk factor (Betron & Doggett, 2006:21).

In the South African situation, black rural women are still the poorest in society, amidst constitutional and policy changes as forms of empowerment. Most of these black rural women seem generally invisible in the economy. If economically active, they seem clustered in the lower echelons of the informal sector. They occupy the most labour-intensive, under-valued and least-paying jobs – rendering them dependent on their male partners. Many of these women live in rural and informal settlements, where there is often no basic infrastructure, such as a court house and a legal aid centre. This situation often renders them helpless in violent cases. Many are also not literate, especially in terms of the language used in the justice system (South Africa's National Gender Policy Framework for Women's Empowerment and Gender, 2000:11). Such discriminatory situations are said to contribute to depriving most women of access to power and self-determination despite South Africa's social and labour policies on affirmative action and gender equality. Such practices have also been recognized as catalysts for many women resorting to alcohol use, with a view to numb their pain. Many women living in abusive relationships are also said to have admitted that they had succumbed to the temptation of alcohol "to put an acceptable gloss on their lives" (Padayachee, 2003:108).

5.2.3.3 Formal support systems

Formal support systems are mostly officially sanctioned by society. They often have stable organizational structures and resources that enable them to render services to the community, and have either legal or moral power to influence people, such as: the police, criminal justice system, faith-based organizations, social workers and health care workers. Such formal networks can occasionally be ineffective, especially in rendering assistance to abused women. In certain instances the attitudes of the service providers can in fact victimize the abused women for the second and subsequent times. For instance, the process of laying a charge and pursuing a case through the criminal justice system is likely to be taxing for victims especially. The process can be riddled by insensitivity, disrespect and harsh treatment from service providers, which may serve as a source of additional distress for the victim (Bruce, 2007:102).

The inadequate response from most of the law enforcement agencies that tend to view intimate partner violence as a family matter outside their mandate and jurisdiction can also be a discouraging factor for the battered woman. Even as policies against intimate partner violence exist on the statute books (such as the - Domestic Violence Act 116 of 1998; Promotion of Equality and Prevention of unfair Discrimination Act 4 of 2000; and the Maintenance Act 99 of 1998), lethargy in its enforcement has been common (Artz & Smythe, 2007:131-132).

As an illustration of non-implementation of some policies meant to protect women from abuse, research (Artz & Smythe, 2007:140) has shown that some law enforcement personnel are reluctant to grant protection orders on the basis of sexual abuse, economic abuse, and psychological or emotional abuse. They often are said to be requiring physical abuse to be present before they grant relief. Psychological and emotional abuses are often not considered imminently harmful. The findings indicate that the intentions of the new policies are rarely translated into near perfect remedies that alleviate the problem. Such behaviour signifies lack of training and sensitivity on the part of some service providers - thus adding an extra burden to already burdened women. This can also be a stress factor for the victimized women – signifying a poor environment fit.

5.2.4 Societal factors

Included here are those factors that seem to create an acceptable climate for alcohol-related violence in a particular society, such as the South African society, which is often characterized as follows:

5.2.4.1 Economic cycles

Economic cycles are fluctuations in the economy, often determined by either economic growth or relative stagnation or decline in the economy. In most settings of low-income households, gender violence may be increasing, based on rapidly changing roles that are determined by economic cycles. Presently there seems to be increasing economic pressure on poor households, with men in many parts of the world having lost their traditional occupations and jobs. Women have been forced to take on or increase their income-earning activities in addition to their domestic tasks. The relative increase in women's economic power, combined with men's unemployment, seems to have created feelings of humiliation and emasculation among most men and a sense of loss of control within their households. These frustrations and anger from most men, not being able to fulfil their traditional roles as breadwinners, often lead to increasing levels of tension and alcohol-related violence against members of their families, particularly directed at their intimate partners (WHO Module on Gender-Based Violence, 2005:13).

As an illustration, men from Lesotho have for generations come to South Africa's mines to work, sending money home to their wives. But in the last decade, as mines have closed, thousands have lost their jobs. This has led to growing alcohol-related violence as men, stuck at home and unable to find work, take their frustrations out on their families. As a result many women in Lesotho have become the breadwinners of their families, taking low-paying jobs as domestic workers or at textile factories. While many turn their salaries over to their husbands, others rebel, demanding that the family's few spare cents go to buying food rather than alcohol (Goering, 2004:3).

5.2.4.2 Inequalities

Another constellation of factors at societal level that tends to place people at risk of becoming perpetrators of alcohol-related violence and/or victims thereof is

inequitable relations, either in terms of gender, race, domicile or sexual orientation. Emphasis will, however, be placed on geographical inequalities (Chopra & Sanders, 2004:158).

In South Africa, almost half of the population is living in rural traditional homesteads. In most of these rural areas people are engaging on a declining subsistence production. Most people, for survival purposes, are also relying increasingly on welfare grants, casual and seasonal jobs with remitted wages – a situation which does affect their dignity and personhood (Chopra & Sanders, 2004:158). There are farming communities within these rural areas. One of the most striking problems on farms is the lack of infrastructure and public services, which tends to exclude most farm workers from economic activities, health services, and educational opportunities. Most farming communities are located far away from towns, without a reliable and regular public transport system in place (Kruger *et al.*, 2006:833).

A common feature within most urban areas in South Africa is informal settlements. These are non-designated areas for human occupation. The land on which people live is in most cases not serviced, and as a result lacks basic amenities such as water, electricity and sanitary services. According to Harsch (2001:12), in these areas the shacks in which people stay are tiny, the pathway between them narrow and lined with open gutters. Virtually all inhabitants are unemployed.

As a way of demonstrating inequalities, by contrast suburbs in South Africa remain largely white and affluent. The suburbs can boast with everything that informal settlements and rural communities do not have, such as large and spacious houses and a high tax base to support ample amenities and services. Residents in these suburbs are mostly protected by walls, electrified fencing and private security firms constantly on patrol (Harsch, 2001:12).

Since the democratic elections in 1994 in South Africa, most policies on paper are formally colour-blind, and gender sensitive. Practically South Africa still remains an inequitable society. Although disparities have narrowed somewhat, the country's income distribution is still among the most unequal in the world. Alongside displays of prosperity rarely seen anywhere in Africa, millions of South Africans still live below the poverty line, many of them seething with anger and frustration (Harsch, 2001:12).

Much as it does not mean that advantaged communities such as those living in suburbs are exempted from alcohol-related violence, high levels of alcohol-related violence have been reported among residents of disadvantaged societies (Meel, 2006:2). A high prevalence of alcohol-related violence within a particular community can also further affect the quality of life, reduce community cohesion, increase fear of crime and prevent people from visiting such places that are associated with disorder and crime. Easy targets of anomy are commonly women and children in the form of sexual assaults (WHO Policy Briefing on Interpersonal Violence and Alcohol, 2006:8).

6. DISCUSSION AND CONCLUSION

This chapter has attempted to answer the question: "What is the link between binge drinking and interpersonal violence?"

The ecological practice perspective as propounded by Heise (Scottish Government Publications, 2005) is used in this article, and provides a holistic analysis of the various risk factors associated with alcohol-related interpersonal violence. The ecological practice approach I further demonstrated that violent behaviour grows from a complex interplay of individual, relational, communal and societal dynamics. It asserts that alcohol-induced violence does not occur as a result of one factor in one of the four spheres of influence, but is rather more complex with multiple risk factors within different spheres influencing a person's attitude, behaviour and choices.

Concurring with Jewkes (in Betron and Doggett, 2006:18) there also seems to be flaws in the ecological practice model by Heise, and for noting by the interventionists. Some risk factors could fit on multiple levels. There also seems to be conceptual problems defining the difference between "community" and "society". Several risk factors can indeed be placed in more than one of the levels, for example "poverty", as cited under community, can be an individual as well as a societal risk factor. Likewise, many factors at the community and societal levels may be interchangeable. Nonetheless, it can also be argued that these apparent flaws within the ecological model simply reflect the complex way in which risk factors related to interpersonal violence against women interact.

To be noted also, is that the risk factors associated with alcohol-related interpersonal violence at all levels seem to be stressors which contribute in creating lack of synergy and adaptation between people and their environment. The consequence of stress and lack of synergy often manifests in alcohol-related interpersonal violence with far-reaching and devastating results for the individual, family relationships, the community and society as a whole, especially in terms of the inhibition of coping skills, reduction of community cohesion, and lack of service delivery. Identification of stressors in intervention as well as emphasis on concerted efforts becomes essential.

The conceptualization of interpersonal violence offers a framework for understanding the manifestation and mechanisms of power and control in an intimate partner relationship. These mechanisms can include factors such as: isolation, intimidation, using male privileges, and threats. These mechanisms may also be used to try to understand societal expressions of power and control over women.

In conclusion, a number of key issues emerged from the investigation for consideration in intervention; these are further condensed as follows: Firstly, there is a need for the acknowledgement by policy makers and interventionists that since alcohol-related interpersonal risk factors are socio-culturally constructed, change is possible – meaning that these can either be reconstructed or deconstructed. To be noted is the fact that alcohol-related interpersonal risk factors are not biologically determined (these are not inherited), but are learned through social factors such as in gender inequalities, including cultural factors - such as beliefs that are entrenched. Secondly, there also seems to be a need for the consideration that cultural and societal norms, including the economic factors in most communities, do seem to perpetuate and justify interpersonal violence mainly against women and binge drinking generally. The apparent reciprocity of such cultural and societal norms therefore calls for a holistic intervention based on the ecological practice perspective, involving all sectors of the population, a multi-disciplinary team, including both the victims and perpetrators of alcohol-related interpersonal violence. The intervention programmes are to be tailor made in line with community dynamics involving poverty, unemployment, alcohol-drinking patterns and whether a community is a rural or/and urban one. At the individual level challenging people's

attitudes, beliefs, perceptions and behaviours related to alcohol abuse and violence against women requires a great deal of sensitivity to socio-cultural dynamics. For effective intervention the active involvement of the victim is also paramount and should be emphasized by the interventionist.

7. SUMMARY

Finally, much as the ecological practice perspective has attempted to provide a holistic analysis of the various factors contributing to alcohol-induced violence against others from different spheres, these different spheres of influence can equally be beneficial in bringing about change. The type of change envisaged can be structural and attitudinal, manifesting in a multidisciplinary and multi-sectoral approach.

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CHAPTER 3

THE SOCIAL ASPECTS OF ALCOHOL ABUSE IN SOUTH AFRICA: AN AFROCENTRIC PERSPECTIVE

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ABSTRACT

Use of alcohol in Africa, particularly in South Africa, has a long history and is part of human life regardless of socio-economic background. Alcohol abuse has many negative health, economic and social consequences. The objective of this review is to present in brief the history of alcohol use and the social and economic causes and consequences of alcohol abuse in South Africa. The harmful socio-economic effects of alcohol abuse in South Africa are discussed by emphasising that social and economic changes stemming from urbanisation account for new patterns of drinking among most Africans. Research has shown that socio-economic effects including unemployment, violence, crime, sexual risk behaviour, family disruption and work performance are associated with alcohol abuse. The South African legislation on alcohol is also incorporated to highlight the need to change or amend certain Acts in a bid to reduce alcohol abuse.

Key words: Social aspects, Psychological aspects, Alcohol abuse, South Africa.

1. INTRODUCTION

Alcohol has played a major role in the lives of many South Africans. Besides having significant direct and indirect effects on health and nutrition, it also affects social and economic aspects of the South African community. Traditionally, in rural areas alcohol served many purposes. Not only was it used as a means of payment, and strengthening friendship, but beer was also associated with manhood and with the strengthening of the body.¹ Similarly in other African communities such as Kenya, alcohol was used to celebrate important occasions such as marriages and success in harvests. Drinking was moderated and subjected to certain guidelines as to when, how much, why and who should drink. Alcohol was mainly for domestic consumption ².

With the arrival of the European farmers (traders) in the 1800s there was a move by Africans to drink European liquor called "Cape Smoke". This was highly unacceptable to many farmers because they believed alcohol made Africans disobedient.¹ Apparently the disobedience was displayed when one was under the influence of liquor and would not take orders, absent oneself from work or even

talk back, which was unacceptable. This led to many new laws in the 1900s which controlled drinking of mainly Africans. One of the controlling measures was the introduction of beer halls around 1908 which seemed to be based on the idea that it was wrong for the 'native' to have his beer hall.¹ Proliferation of illegal shebeens during this time increased, ultimately leading to unmonitored drinking patterns and abuse. One could argue that the prohibitions resulted in Africans wanting more and finding ways of acquiring more of both home brewed and European liquor (brandy). These are some of the traces that led to the misuse of alcohol, for one would have to consume more because there was no guarantee that one would get a drink again.

African beer was fermented from locally grown food such as sorghum and maize. This kind of beverage took about four to fourteen days to brew. In some other parts of Sub-Sahara Africa the alcoholic beverages available were fermented honey water, fermented fruits and juices, fermented sap of various species of palm and beers. The brewing of alcohol had economic spin offs for women who sold it as a way of supplementing the meager wages their husbands were earning. In order to meet the high demands, people tried different ways of brewing beer easily and quickly, often compromising quality. This is how "concoctions" started, most of which are brewed in less than a day.³ It was a time during which South Africa as a country was entering an industrial age which accounted for a change in the traditional use of alcohol.

Also with the coming of Dutch Settlers and later the French Huguenots in the Cape as wine farmers from around 1652 onwards, African slaves mainly comprised the labour force. In addition to their salary, the labourers were given wine. This system became known as the 'tot' or 'dop' system.^{1,4,5} Through this system heavy drinking became entrenched in the lives of workers, and their families for generations.⁶ Alcohol was used by the colonizers as a mechanism to seize power – a form of political, economic and socio-cultural domination.⁷ These were micro level practices that went unchecked. Since the problem is predominantly in the Western Cape the system has even managed to perpetuate racial stereotypes and inferences that the problem of over drinking is biologically determined and not socially constructed.⁸ The 'dop' system was formally outlawed by the South African government in 1961 though its effects still linger. In more recent years it

has taken a variety of forms, including that of a 'gift' or supplement to remuneration, or as alcohol provided on credit.⁹ Currently, there are still traces of the earlier problems. People are exposed to misuse and abuse that could be traced to drinking patterns of the 1600s. Parry and Bennets⁸ in their study among South Africans found significant consumption differences by population group and gender with intake higher in urban than rural areas, individuals with ages between 35-44 and 45-54 years consumed more and there seemed to be a high rate of misuse over weekends. Similar trends were also observed in countries like Kenya.¹⁰ This review forms part of a series of papers^{11,12,13,14} which examine the role of alcohol in the South Africa society. A holistic, integrated approach is followed, focusing on the metabolism of alcohol,¹¹ the health consequences of consumption of alcoholic beverages^{11,12,13,14} as well as the social aspects of alcoholic misuse/abuse, the major objective of this paper.

Because this review is limited to discussing the causes and consequences of alcohol abuse in South Africa from a social and economic perspective, a very brief summary of the relationships between alcohol abuse and malnutrition is given below to put this paper in context of the series.

From a nutritional point of view, alcohol abuse is a major cause of malnutrition. The reasons are threefold. Firstly, alcohol affects the mechanisms that regulate appetite and food intake, causing intake of food among alcohol abusers to decrease. Alcohol inhibits the breakdown of nutrients into usable molecules by decreasing the secretion of necessary digestive enzymes causing nutrient absorption to decrease. Additionally, alcohol damages the cells lining the stomach and intestines, further disturbing the digestive and absorption system;¹⁵ Secondly, alcohol is rich in energy, but like many other pure sugars, most alcoholic beverages are empty of nutrients. Thus chronic alcohol ingestion causes primary malnutrition by displacing other dietary nutrients.^{16,17} It is important to note that although ethanol is rich in energy, its chronic consumption does not produce a directly proportional gain in body weight. This may be attributed to damaged mitochondria and the resulting poor coupling of fat oxidation metabolically with energy production.^{16,17} Thirdly, alcohol abuse is associated with gastrointestinal and liver complications, ultimately interfering with digestion, absorption, metabolism, and activation of nutrients and there by causing secondary

malnutrition.^{15,18} There is agreement that amongst populations in the Western world, moderate alcohol consumption is associated with better cardiovascular health and longevity.¹⁹ Alcohol is a central nervous system depressant. It acts on many sites, including the reticular formation, spinal cord, cerebellum and cerebral cortex, and on many neurotransmitters. Increased turnover of norepinephrine and dopamine in the brain, are is responsible for the pleasure and relaxing sensation.²⁰

2. OBJECTIVE OF THE STUDY

The objective of this article was to investigate the social aspects of alcohol abuse in South Africa.

3. FACTORS LEADING TO ALCOHOL ABUSE IN SOUTH AFRICA

The most common factors leading to alcohol abuse in South Africa are urbanization, stressful jobs, affordability and cultural beliefs. These factors are discussed below:

3.1 Modernization and urbanisation

Rapid social and economic changes stemming from urbanisation account for new patterns of drinking in most African settings. The emerging patterns are often not built upon traditional drinking behaviours where there was social control. Instead these are influenced by factors such as easy access to alcohol which has a higher ethanol content as well as rigorous advertising in the media, which disregard traditional constraints on when alcohol may be consumed by whom and where.⁸ Jernigan *et al.*²¹ explains a pattern where people used to drink until the “beer ran out,” but this is being radically replaced by a pattern of drinking “until the money runs out”. As Willis²² asserts, alcohol consumption is highly commoditised, and is no longer restricted to adults or to certain restricted occasions.

The traditional culture of drinking which seemed to have been obtained and determined by ‘proper’ drinking patterns appears to be eroded and replaced by multiple drinking cultures which vary from one community to the other. Most of these drinking cultures openly challenge earlier ideas of temperance, age and gender restrictions. Migration has also contributed to this problem. Urbanisation

appears to have impacted negatively on rural areas as some of the urban ways diffuse back to it. For instance traditional home brewed beverages known for their nutritional value have been replaced by deadly concoctions which pose a health hazard.²²

3.2 Stressful and high risk jobs

Although characteristics and properties endemic to occupations may shape workers alcohol use, explanations of alcohol abuse rarely take into account the impact of the occupational setting.²³ Roman²⁴ found that workers with mobility and task independence at work are more prone to alcoholism. While there are contradictory and inconclusive results concerning the direct effects of specific job and occupational characteristics on alcohol abuse by workers, researchers are unequivocal in their findings that negative work experiences often lead to problem drinking.²⁵ No field of occupation is exempted from the negative effects of alcohol abuse, yet the following are identified as some of the high risk and stressful jobs that predisposes workers to alcohol misuse: brewing and distilling industry, hoteliers and barmen/women, as well as those in the armed services – the police in particular.²⁶ The alcohol industry happens to be a major source of employment.⁸ Risk is caused by availability of alcohol, high levels of responsibility and performance anxiety, alertness, as well as stress. With the South African Police Service stressors range from violence that is endemic in the country, high crime levels, emotional strain caused by organisational transformation, lack of resources, bureaucracy and family responsibilities.²⁷ Risky drinking in these high risk and stressful jobs is mainly to cope with social pressure and as an escape from reality, a form of 'letting off steam'.

3.3 Availability and affordability

One of the causes of alcohol abuse and misuse is its availability in terms of location, time and affordability. In 1997 in South Africa there were about 22 900 licensed outlets, including liquor stores, restaurants, taverns and supermarkets compared to about 20 000 informal liquor sectors, such as shebeens, which are mostly unregulated and operate outside the confines of the law. After nearly a decade these outlets have multiplied.⁸ The South African Liquor Act of 2003²⁸ regulates times of operations for liquor trading. However, more outlets such as

supermarkets and taverns follow different times of trade. Some of the unregulated outlets operate depending on demand. The age restriction is known to be 18 years and this information is displayed in bottle stores and supermarkets, but there are no proper measures to ensure that this is adhered to. This makes alcohol easily and widely available and affordable to all races, genders, and ages – amidst restrictions.

3.4 Cultural beliefs

Traditionally it was not acceptable for native African women to drink alcohol. This view is supported by Mphi,²⁹ who asserts that women in Lesotho are not allowed to drink alcohol at all, despite the fact that many are brewers and traders of traditional beer. A woman who indulges in alcohol is subject to derision, condemnation and even divorce. In colonial Zimbabwe, male members even fought against what they termed “joint drinking”, that is, women and men drinking together at the municipal beer halls.³⁰ The danger of such practices tends to subject women to private drinking that can produce public hazardous results. These inhibiting cultural practices are entrenched through socialisation in most South African communities. In the western culture such inhibitions appear to be absent. Both men and women from all socio-economic backgrounds are allowed to enjoy their alcohol intake in public places.⁸ The young African women tend to emulate this behaviour presumably because of the influence of urbanization and acculturation. Based on the findings of the Department of Health’s South African Demographic and Health Survey (SADHS) conducted in 1998, the majority of risky weekend drinkers are African women (42.1%) and their age range is between 15-24 years (30,1%).³¹ Morojele *et al.*³² in their study on ‘Alcohol use and sexual behaviour among risky drinkers in Gauteng Province, South Africa revealed gender differences in that men’s drinking is traditionally and currently accepted as pleasure, recreational and sensation seeking. Their drinking is encouraged by their peers, and heavy drinking symbolises masculinity. Such behaviours perpetuate binge drinking.

3.5 Children living on the street

Although it is widely recognized that drug and alcohol misuse is associated with homelessness, there is debate and speculation about whether problematic alcohol use is a cause or consequence of youth homelessness.³³ Homelessness and alcohol use have similar root causes, namely stress at home and school. Family conflict, violence and abuse are critical factors for both experiences. In a study conducted in Australia, a quarter of the sample under investigation indicated that familial drug and alcohol use was the critical factor that led them to leaving home.³⁴ Clearly a gap exists in our knowledge about the relationship between young people's alcohol use and their pathways into homelessness.

As pointed out by Maree,³⁵ children living on the street constitute one of the fastest growing problems in Africa. Children live on the streets due to varied reasons. Some would do so as an escape from reality or as a coping mechanism because of family disorganization, divorce, poverty, loneliness, boredom, unemployment and crime. South Africa is equally plagued by this problem where children leave home to live on the streets.³⁶ Curiosity, delinquency and peer pressure also play a role. Because they live on the streets far from their parents, they have no boundaries that guide their behaviour. This is how they start sniffing glue, smoke dagga and other drugs and use and misuse alcohol.

Based on these causes people tend to be affected psychologically and socially.

4 PSYCHOLOGICAL EFFECTS

Alcohol abuse could lead to stress and anxiety. This could cause the individuals to increase their dosage in order to cope with their problematic situations, only to experience the same disillusionment when the effects wear off. People experience depression for various reasons. Bezuidenhout³⁷ states that some people may experience stress and anxiety because of alcohol abuse. It could be because of personal problems or failure to control their drinking. If not attended, he or she might commit suicide.³⁴ Findings of the research undertaken by the South African Medical Research Council shows that one in four of those who killed themselves in South Africa were over the blood alcohol limit of 0,05g/100ml.³⁸ Chronic stress caused by alcohol abuse was also found to be related to youth suicide.³⁹ Some adolescents become aware of the adverse effects of alcohol and try to stop taking

it but more often than not, they fail to do so especially without professional help and resort to committing suicide.

5 SOCIAL EFFECTS

5.1 Unemployment

Alcohol abuse at the work place potentially lowers productivity. Sickness absence associated with abuse and dependence entails a substantial cost to employees and social security systems. Ample evidence has demonstrated an association between alcohol abuse and unemployment.³⁸ The causal association may go in either direction. Heavy drinking may lead to unemployment, but loss of work may also result in increased drinking.⁴⁰ South Africa is plagued by a high unemployment rate. The Statistics South Africa report in September 2006⁴¹ indicated that 4 391 000 persons were unemployed, 12 815 000 were not economically active and 3 217 000 were discouraged work seekers (unemployed but had not taken steps to find work or start a business in the four weeks prior to the interview). Unemployed people may drink to escape reality and to cope with harsh situations they find themselves in. These views are supported by Ettner⁴² whose results provided literature evidence that a recessionary environment or lay-offs resulting from harsh environmental regulation will increase alcohol abuse. Poverty as one of the end results of unemployment is high in South Africa. It is to be noted that communities living below the poverty datum line tend to spend the little bit of money they have on alcohol.³⁸

5.2 Violence and crime

Alcohol abuse has been shown to be a significant risk factor for domestic violence, though the relationship is complex.³⁸ Drinking frequently has been additionally associated with intra-family violence. Evidence suggests a strong association between abuse and marital violence, but that violence rates vary based on research design, methodologies, and samples.³⁸ A study conducted in Nigeria showed a significant relationship between violence and alcohol use. Alcohol use was involved in 51% of the cases in which a husband stabbed a wife.⁴³ In a 1998, South African cross-sectional study of violence against women undertaken in three provinces, it was found that domestic violence was significantly positively

correlated with the women drinking alcohol and conflict over the partner's drinking.⁴⁴

It is stated that alcohol is present in offenders and victims in many violent events. The results of Phase 3 of the 3-metros (Cape Town, Durban, and Gauteng) in South Africa Arrestees Study conducted during August/September 2000 continue to show a high level of drug usage including alcohol use among arrestees. Over all sites, 50% or more of persons arrested for the following crimes tested positive for at least one drug: drug and alcohol offences (75%), housebreaking (66%), motor vehicle theft (59%) and rape (50%).⁴⁵ Exposure to violence and alcohol is identified as one of the developmental factors that contribute to violence. Withdrawal symptoms can develop to aggressive behaviour towards family members, friends or members of the community. One of those violent behaviours often results into sexual assault.^{46,47}

5.3 Sexual risk behaviour

A study conducted by Morojele *et al.*³² confirms that heavy alcohol consumption is a major health concern in South Africa and there is a link between alcohol consumption and sexual risk behaviour. The study also revealed that there were high levels of alcohol consumption and unprotected sex among some members of the communities who engaged in casual relationships. Alcohol use is prevalent in South Africa and alcohol use may be associated with higher risk for human immunodeficiency virus (HIV) transmission. Olley *et al.*⁴⁸ argued that some HIV-infected individuals, despite knowledge of their status, continue to practice unsafe sex which places them and their partners at considerable risk. A partner who is under the influence of alcohol could be at risk because of such practices. According to the 2004 report by the Medical Research Council of South Africa, more than five million South Africans out of a total of 46 million were HIV infected.⁴⁹ Kalichman *et al.*⁵⁰ confirmed the association between alcohol use and HIV risk-related behaviour among 134 men and 92 women receiving sexually transmitted infection (STI) clinic services in Cape Town, South Africa. The study concluded that the association between alcohol use and sexual risk behaviours in a population at high-risk for HIV transmission demonstrates the need for integrating alcohol risk reduction counselling with HIV prevention counselling among STI clinic patients in South Africa.

The 2004 report by the Medical Research Council of South Africa further indicates that 37 000 children were infected with the HIV virus at or around birth (through vertical transmission) and 26 000 were infected through breast feeding. A quarter to a third of the vertically infected children died before they reached one year of age.⁴⁹ HIV/AIDS aggravates the already existing poverty especially when breadwinners lose their jobs because of ill health or death. In South Africa there were approximately 3.3 million orphans as of 2004. Almost two thirds of children living in child-headed households were 13 years of age. Poverty, ill health, teenage pregnancy, delinquency, alcohol and drug abuse is a common occurrence in such homes.⁴⁹

5.4 Family disruption

The function of a family as a system is to provide shelter, as well as emotional, economic and psychological support. But when one member abuses alcohol, the family becomes destabilised or the balance is affected. Alcohol abuse tends to retard the efforts of a family to maintain its balance. Money that should be used for the family is misused in alcohol and this could contribute to violence and poverty. Relationships are affected because the perpetrator is under the influence of alcohol and is not able to give love and care. A 1998 cross-sectional study on violence against women was undertaken in three South African provinces. This study showed how domestic violence was significantly (positively) associated with women drinking alcohol and conflict over the partner's drinking.³⁸ Lack of parental control due to the fact that parents do not provide clear boundaries could lead to disarray in the family and alcohol abuse. It exposes children to anti-social behaviours since parents become negative role models.^{36,37}

Excessive intake of alcohol could also lead to divorce affecting the partners who have to go through emotional traumatic experiences and adjustments which could be social, economic and sexual, as well as children who might experience difficulty in dealing with divorce. They could be confronted with social, psychological, educational and economic adjustment.³⁷ Abuse of alcohol also affects social networks. A network can provide supportive environmental help as well as instrumental help. It provides sources for human relationships, recognition, affirmation and emotional support.⁵¹ Social networks such as kin, friends, neighbours, extended family, work mates and acquaintances are affected by

divorce as well. The divorced are at risk of social and/or emotional isolation and stigma. Social isolation is loneliness as a result of a distance they do not choose, or when they are without a social network. This could worsen the problem of alcohol abuse.

5.5 Work performance

Any working environment has certain expectations from its employees. They have to be productive in order to realise profits. Those employees who abuse alcohol are not likely to perform well. Some of the problems identified are absenteeism, low production (inability to meet deadlines, inability to follow procedures) and proneness to job related accidents. This could lead to dismissal that would affect the person and his family.⁸ More Employee Assistance Programmes should be introduced to deal with alcoholism that affects job performance. It was noted that enhanced production cannot be achieved if people have psycho-social problems because one cannot be separated from his/her environment.

5.6 The economic cost and injuries

The annual economic cost of alcohol misuse in South Africa could range between 0.5% and 1.9% of the gross domestic product (GDP). This is utilising a middle-of-the-range estimate that considers costs associated with treatment, trauma, mortality and crime, which is about 1% of GDP. This translates to about R 8.7 billion per year, an amount almost twice exceeding the one received in excise duties on alcoholic beverages in the period 2000/01.⁵² Motor vehicles crashes in the country also account for approximately 11 deaths per 100 million kilometres travelled. Traffic crashes that involve pedestrians account for about 40% of annual mortality on the roads in South Africa. Alcohol abuse and poor roads are cited as the main contributory factors.⁵³

6 LEGISLATION AND POLICY ON THE NATIONAL DRUG MASTER PLAN

The Department of Social Development is South Africa's leading government institution in combating alcohol and drug abuse. The vision of a society free from the abuse of alcohol and other forms of drugs is the driving force behind the introduction of various policies in the country. Some of these include: the Liquor Act of 2003, which covers all relevant aspects including production, distribution, and consumption of alcohol; the Prevention and Treatment of Drug Dependency Act 20

of 1992, which provides for the establishment of a Central Drug Authority, the development of programmes and the establishment and management of treatment centres. The revised National Drug Master Plan 2006-2011 spells out strategic objectives to guide service providers in the provision of relevant and appropriate services. The strategies outlined in the policy include prevention, early intervention, treatment, aftercare and reintegration. In addition, the policies also include community-based intervention, capacity building, management of treatment practices and information management. International collaboration forms an integral part of the policies as South Africa sees the need to join the global fight against alcohol and drug abuse.⁵² Gaps in the implementation and monitoring of these policies have been evident. However, concerted effort by all remains the obvious route to victory over the scourge of alcohol misuse and abuse.

The taxation of liquor also serves as a restrictive measure. A word of caution from Parry and Bennets⁸ is that the taxes are not to be so huge as to promote a possibility of smuggling alcohol from neighbouring states or drive consumers to unhygienic concoctions. In terms of cultural intervention, religion seems to contribute to abstinence. A typical example is of people who follow Islam teachings which forbid alcohol intake. Most Africans are also socialised to reserve drinking of alcohol for adults.

7 DISCUSSION AND CONCLUSION

Historically alcohol consumption contributed towards the strengthening of the socio-cultural fibre of African communities. Alcohol consumption was regulated by social rules and used in moderation.¹ However, with time the pattern and the actual preparation has changed. The use of alcohol today poses a major threat to the quality of life of many South Africans, ultimately causing detrimental public health effects as well as negative socio-economic effects on the country. Alcohol abuse has become an everyday reality which directly or indirectly, impairs peoples' lives, not only individually, but also on a family, societal and national level.⁸

One of the most important public health and social issues facing South Africa is how to deal effectively and compassionately with persons and communities who are struggling due to alcohol abuse. Although significant achievements have been noted in the policy and legislative domain, the impact does not seem to match the

extent of the disruption caused by alcohol abuse. There is an urgent need to re-address these policies and strategies in line with practical realities, with the main aim of contributing to the prevention and reduction of the alcohol scourge. Moderate alcohol consumption has been shown to have significant health benefits⁵⁴ but, the disruption caused by alcohol abuse on different society levels, ranging from family breakdown to crime remains overwhelming. This presents policy-makers of South Africa with a dilemma of how to encourage moderate consumption of alcohol without simultaneously seen as condoning the abuse thereof, moreover because alcohol can be classified too as a legal drug. There are indications that the African population is increasingly being prone to alcohol dependency, due to abuse. It seems necessary therefore to define moderate drinking in no uncertain terms.

Besides the current policies put in place to curb alcohol abuse, a systematic programme for monitoring and evaluating the impact of these policies should be established. Conclusively, there is need by policy makers to weigh the scientific findings that show health benefits due to light/moderate consumption of alcohol and the destructive effects of abuse before championing the way forward for this population.

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CHAPTER 4

FACTORS CONTRIBUTING TO BINGE DRINKING AND INTERPERSONAL VIOLENCE AT AND AROUND DIFFERENT PUBLIC ALCOHOL DRINKING OUTLETS, IN THE DEMARCATED AREAS OF THE NORTH WEST PROVINCE

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ABSTRACT

The objective of this observational study was to determine the factors contributing to binge drinking and interpersonal violence at and around different alcohol drinking outlets in the Bophirima and the Southern regions of the North West province in South Africa.

Approximately 1 500 patrons from 24 alcohol drinking outlets were unobtrusively observed. Predetermined categories of behaviour and situations that were observed were identified through a checklist. Each alcohol drinking outlet was visited on weekdays and weekends, during night times and day times. The exterior environment and the interior environment of the alcohol drinking outlets were observed.

The findings revealed that factors contributing to binge drinking and interpersonal violence at and around different alcohol drinking outlets centre on seven main issues, which are: Proximity and density. Neighbourhoods with a higher density of alcohol drinking outlets tend to display public disorder and higher alcohol accessibility and availability; Poor management of alcohol outlets, which manifests in poorly maintained premises and facilities poses a health hazard and physical danger to patrons; Marketing strategies used, especially during off-peak periods, which are aggressive and irresponsible; Security systems that seem ineffective and confrontational, thus causing more violence than dealing with it; Shebeen

queens who use child labour in their running of the alcohol business, thus exposing them to physical danger and the danger of alcohol intake; and Sales strategies used that tend to encourage up-selling of alcohol beverages, leading to higher consumption levels.

Key terms: Binge drinking, interpersonal violence, alcohol drinking places, shebeens, taverns, nightclubs

1. INTRODUCTION

Alcohol-induced violence costs the South African state more than R9 billion per year, and it is said to be placing a major burden on the country's health, and economic and social well-being (Rataemane & Rataemane, 2006:374; Thabethe, 2007:1). The economic costs associated with alcohol-induced violence in South Africa are likely to be in excess of \$1.7 billion (2% of GNP) per year, about three times the amount of revenue received by the government in the form of excise taxes. The South African Medical Research Council also reports that alcohol-induced violence costs the economy about \$1.24 billion a year for alcohol-related crime, hospital expenses and lost production (WHO Global Status Report on Alcohol, 2004:4).

On the other hand, what seems to be sustaining the liquor industry in South Africa is its annual turn-over of over R30 billion. Excise duties collected on alcohol beverages were estimated at \$6 million (Thabethe, 2007:1). The alcohol industry is also said to be playing a role in the economies of developing societies in especially three ways: Firstly, alcohol production and distribution contributes to the gross national product. Secondly, alcohol sales contribute to state revenue through excise duties and other taxes. Thirdly, the liquor industry is a huge employer in South Africa (WHO Alcohol in Developing Societies Summary, 2006:9).

2. PROBLEM STATEMENT

Interpersonal violence is said to occur mostly in and around locations of public alcohol drinking outlets. Such places tend to attract clientele more likely to be involved in violent acts (Gruenewald *et al.*, 2006:667). Research has also indicated that victims of these alcohol-related crimes are often under the influence of alcohol

and that people who drink frequently are more at risk of being victimized (Felson & Burchfield, 2004:837). The public alcohol drinking outlets referred to in this study are categorised as: shebeens which are private homes where alcohol beverages are sold and served on- or off premise. On the whole, shebeens are unlicensed. Shebeens are usually run by women, often known as shebeen queens (Morojele *et al.*, 2006:220). Taverns and night clubs are on-consumption places that are licensed and where alcoholic beverages are sold (Morojele *et al.*, 2006:220). To be noted is the fact that shebeens have been in existence from time immemorial, whereas taverns and night clubs virtually are new practices in South Africa.

Many people without formal employment, particularly women from poor communities, are said to have been earning a living by selling liquor illegally from shebeens since 1962 (Parry & Bennets, 1998:85). The consequences have been countless raids, harassment, arrests, prosecutions and imprisonment. Also, the drinking of liquor led to social breakdowns, family violence and alcohol-related disease in most poor black communities. A large illegal liquor trade is said to have emerged in the black townships (Africa, 2005:3). It is estimated that there are more than 200 000 illegal alcohol drinking outlets across South Africa (SABC News, 2006:1).

3. OBJECTIVE

The objective of this article was to determine factors contributing to binge drinking and interpersonal violence at and around different public alcohol drinking outlets. The findings will, however, be preceded by the discussion on the method of data collection used. Finally discussions will follow and conclusions will be drawn.

4. RESEARCH METHODOLOGY

As a qualitative data gathering technique, observation was used in order to gain a deeper insight into and understanding of the phenomenon *binge drinking and interpersonal violence* at and around different public alcohol drinking places. The observation activity encompassed all five human senses, those of: hearing, touching, smelling, seeing and tasting (Nieuwenhuis, 2007:84). Observations were carried out unobtrusively at a total of 24 public alcohol drinking outlets in the Bophirima and the Southern regions of the North West Province. The observation

sites were purposefully sampled to reflect the rural-urban and informal settlement dichotomy, from the demarcated sites. Table 1 displays the profile of public alcohol drinking outlets visited.

An observation venue for an urban area comprised: a shebeen, a tavern and a night club; for a rural area it was a shebeen, and a tavern; while for an informal settlement area it was mainly a shebeen.

For optimal observation, the researcher assumed the role of observer as participant. As a researcher, one settles into a situation and focuses mainly on the role of observer in the situation. One also looks for patterns of behaviour in a community in order to understand the assumption values and beliefs of the observed and to even make sense of the social dynamics. The researcher does, however, not influence the dynamics of a setting (Nieuwenhuis, 2007:5).

During observations data was captured through unstructured observations. Predetermined categories of behaviour and situations one would like to observe were identified. The categories were distilled from the literature (Morojele *et al.*, 2006; WHO Policy Briefing on Interpersonal Violence and Alcohol, 2000) and developed into a guideline/schedule for unstructured observation (see Annexure 5). Data was captured two dimensionally which is one's description of what is observed and one's reflection on what is happening (Nieuwenhuis, 2007:85-86). The key informants such as social workers facilitated entrance into the social setting and identification of the public drinking venues. Each drinking venue was visited twice and was observed over a four-hour session per visit. Observations took place midweek and on weekends, during night times and day times. The exterior environment of the public drinking venue and the interior environment were observed.

TABLE 1: PROFILE OF THE PUBLIC ALCOHOL DRINKING OUTLETS VISITED

REGION	NATURE OF AREA	AREA	TYPE OF ALCOHOL DRINKING OUTLET	ESTIMATE NUMBER OF PATRONS OBSERVED
SOUTHERN	URBAN Established Urban	Potchefstroom	3 Night clubs	- 120
				- 120
				- 110
	Urban	Ikageng	2 Night clubs	- 140
				- 100
			4 Taverns	- 80
				- 70
				- 70
				- 79
		2 Shebeens	- 45	
			- 50	
Informal settlement	Sonder Water	2 Shebeens	- 48	
			- 49	
BOPHIRIMA	RURAL Urban rural	Ganyesa	3 Taverns	- 55
				- 56
				- 50
			4 Shebeens	- 34
				- 32
				- 30
	- 30			
	Very rural	Tlaskgameng	4 Shebeens	- 30
				- 30
				- 34
- 38				
TOTAL	3	5	24	1 500

5. ETHICAL CONSIDERATION AND PROCEDURE

Ethical approval for this study was obtained from the North-West University (nr NWU-00047-07-S7). In order to gain entry to the demarcated areas, permission was

granted by the Executive Mayor – Potchefstroom local Municipality, and the Traditional Councils for Ganyesa and Tlaskgameng areas.

6. ANALYSIS

Analysis of data was done after the entire observation process was completed. Detailed field notes were read over and over again once they were taken down. From these field notes categories were produced and were validated informally through member checking – comprising 4 patrons, and 4 owners of taverns who were selected from drinking places purposefully. This is where one verifies one's understanding of what was observed regarding those observed (Nieuwenhuis, 2007:86). Finally the provided seven categories, discussed under findings, emerged.

7. LIMITATION

Bearing in mind the usefulness of observation as a data gathering technique, that of enabling the researcher to gain a deeper insight into and understanding of the phenomenon being observed, there was however a limitation. The nature of the method of data collection used was not amenable to address a wide range of issues such as reasons why people displayed certain characteristics or mannerisms. Interviewing people about these issues, remain the only means of finding out more about them, which was not catered for in the observation method used.

8. FINDINGS

Findings are presented under the following seven categories:

8.1 Proximity and alcohol outlets density

Licensed alcohol drinking outlets such as taverns and night clubs are commonly situated in the Central Business District (CBD) area, near banks, ATM facilities, post offices and retail shops. Shebeens, on the other hand, are situated in residential areas, in close proximity to schools, places of worship and other shebeens. A marked feature of most drinking places during observations was the playing of loud music during the trading hours of the drinking venue, which is virtually the entire day and night. Such times are often trading hours of nearby businesses, worship times

for others and resting or sleeping times for most families. Normal functioning and production can therefore be impeded by the noise, and the social interaction of people attracted by the music and drinking venue. Some taverns even have eating facilities, such as a restaurant, a situation which attracts many more people to the vicinity.

After a busy weekend at most drinking places, traces of blood on pavements, broken bottles and broken windows, used condoms, heaps of empty tins and cigarettes are a common sight. Heavy smell of urine also poses a health challenge for nearby residences and businesses. "Who is responsible for the damages and mess and therefore accountable for its fixing and cleaning"? is a question which goes unanswered and, has often culminated into conflict between alcohol drinking outlets and residents as well as businesses nearby. In residential areas, heaps of such dirt become scattered all over the place in people's yards. Children would be seen running around with used condoms, making the neighbourhood unbearable and unhealthy.

The atmosphere around alcohol drinking outlets is forever infested with the smell of alcohol and cigarettes. It was a common sight to see employees supposedly on duty visiting the alcohol drinking outlet during awkward times such as at 10.00 in the morning hours. Monday mornings are known in the alcohol circle to be "blue" presumably because many people are known to be suffering from "babalas" - some form of hangover, especially when the weekend was accompanied by high alcohol intake. Ten o'clock which is a tea break for employees, sees affected ones quickly rushing to a drinking place for a fix. Already known and expected, they are served their shots in cold drink tins which they would carry back to the office unsuspectingly. Some would even prefer not to go back to work after the lunch break.

In the CBD areas it was a common sight for businesses nearby alcohol drinking outlets to operate with closed doors and windows, apparently in an attempt to keep out the noise and smell of liquor and cigarettes – a situation which can be expensive in terms of the businesses' running costs, since air conditioners are presumably installed to keep the place cool and the situation workable. Also visible on the windows and door frames are heavy burglars, portraying a picture of insecurity. During night times and on weekends such areas where people live,

based on personal experience, become “no-go areas” for ordinary community members. The apparent reason for the fear seems based on the constant movement and social interaction of intoxicated people, known for incidences of violence.

In terms of density of drinking places, it was also a common sight for five shebeens to be located and to be operational in one street. Propelled by fierce competition and conflict, owners of the drinking places would use patrons to cause violence at their competitors’ drinking places in order to discredit them. What was also evident was the fact that most drinking venues had no adequate facilities such as parking spaces and ablution facilities, especially shebeens. In the CBD areas, patrons of drinking venues use reserved parking meant for customers of nearby businesses. Some of the patrons would even demand that the security car attendants on duty look after their cars, often without payment. In residential areas, patrons would park their cars right in front of other people’s yards. During peak periods, such as on weekends, the patrons would even use people’s driveways without permission. In certain instances it was also common to see men visiting nearby shebeens urinating on the neighbour’s pavement, or garden. Occasionally it would be under the trees or even next to the wall. This would take place in full view of children or even the very neighbours.

8.2 Management of alcohol drinking places

Drinking places in the informal settlement area seem to mirror most of the characteristics and features of the very area, those of:

- **Normlessness** - there is a disregard for rules, if any, and authority. Most of the patrons usually come to the drinking venue armed with weapons such as knives, sharp instruments and firearms. At the slightest provocations, these are easily pulled out. The shebeen queens also are known as “Bo mma chenche ga e boe”, meaning that whatever amount you are going to use in order to buy alcohol you are not eligible for your small change. The money is all to be spent on alcohol. A “we care less” attitude from the management seems to prevail, which does rub off on the patrons.
- **Inappropriate setting** – alcohol drinking places in informal settlements operate on non-designated land. This is land not suitable for human habitation. An area

not easily reached by the police, the ambulance or any emergency service - a situation which in itself makes it a time bomb. The close proximity of residences to one another accounts for every activity taking place within the drinking place such as sexually provocative dancing, sexual activity, and physical fights to be easily witnessed by people including children in the neighbourhood.

- **Disorderliness** - there is permissiveness of deviant behaviour such as selling of alcohol to those already intoxicated, to pregnant women, to nursing women, some even with babies on their back, to those apparently under the age of 18 years and to school children in uniform. There is also swearing and overt sexual activities such as customers touching others inappropriately.

In most of the licensed drinking places, mismanagement was also evident from poorly maintained facilities such as toilets not working well and patrons having to share one toilet, which poses physical danger and a health hazard. The drinking venues generally are ill ventilated, making the atmosphere stuffy, hot and moist. A dark wall with the dim lights, plus the type of music which is sexually provocative, tends to create a sexually permissible atmosphere. Since most drinking places seem to operate on "the more the merrier" adage, existing capacity is often exceeded. The number of people leaves no room for free movement lest one spills over another person's drink, a probability especially after taking some drinks. This does contribute to violence, especially when the spilled drink cannot be replaced.

8.3 Off-peak and peak periods

Alcohol drinking places do experience cyclical periods of off-peak and peak periods. These periods seem characterized differently in alcohol drinking places, such as in:

- **Licensed drinking venues**

During off-peak periods promotional and discounted events are usually held at most of the licensed drinking venues. The apparent aim of such events range from showcasing a new product and introducing customers to it, getting rid of old stock of alcohol that seems to be unpopular with patrons, and boosting trade, especially during mid-week and mid-month. The two types of events that were popular during observations were **Ladies' Night** and **Happy Hours**.

The Ladies' Night event at most of the drinking venues take place every Wednesday, from about 21h00 - 23h00. Times are not fixed with all drinking places. Using the local colloquial for Wednesdays "Pekenene Weekend" (mini weekend) describes the night. During such an event, ladies or female patrons either qualify for free admission at a night club where entrance fee is normally charged, or for entering a draw of which the prize might be a bottle of alcohol. The common advertisement witnessed has been one indicating that "the first hundred ladies entering the night club will receive free drinks and snacks". The alcohol beverages on offer would be wine. The rationale for a Ladies' Night seems to be based on the idea that the presence of female patrons will attract men patrons thus the drinking place realising profits.

Women who seem to be buying into this promotional event often come beautifully dressed. In other words, not only is an alcohol product showcased women too. Attracted men would then further entertain their selected choice of women from the beautifully clad ones with alcohol, often of a different brand from the one previously started with in the promotional offer. The situation often results in intoxication. Most men after parting with their cash would demand gratification as a form of reimbursement. The demand is mostly to be in kind (a form of sexual favours). This behaviour seems to stem from the existence of stereotypes against women. With Happy Hours, patrons might qualify for two drinks for the price of one for a limited period. The promotion is often linked to a popular sport such as a soccer and/or a rugby match. Patrons would qualify for half price on a beer say after 15 minutes of the scoring of a game, by the home team. One minute after the provided time, the special would expire. Patrons influenced by such offers often would binge, by drinking quickly, drinking large amounts, and end up mixing products and/or brands in the atmosphere of excitement.

- **Unlicensed drinking venues**

The peak periods at most of the drinking venues are weekends, especially on a month end. What was conspicuous in most rural and informal settlements was the coinciding of peak periods with the pay-out days of social assistance – Child Support Grant (CSG) to be specific. The primary care givers, mostly single women in their middle twenties, seem known to be misdirecting money meant for the protection and maintenance of children to maintaining an alcohol habit – a form of

child neglect and abuse. Since the CSG does provide regular contributions to the care givers, this also seems to serve as security, affording them to buy alcohol on credit. These observations were informally ascertained also through what people said (hearing).

8.4 Security

Security in the form of a person, or people guarding the door or gate at most of the drinking venues seems virtually non-existent. Instances where alarm devices are used, the notice clearly states that the premises are protected against burglary but that no protection was afforded for the people.

At most of the night clubs and taverns, during peak periods which often would culminate in a live band the presence of men acting as security guards is often solicited. These people are commonly known as “bouncers”. Since physical strength seems to be one of the prerequisites, many licensed outlets mostly would hire former soldiers, police men or body builders to execute this task. At still some other drinking places, security services are executed by pensioners, in their sixties or young men in their late twenties, who never seemed to have undergone any form of specialised security training. The bouncers mostly seem to serve on a part time basis, and are expected to carry out the manager’s instructions to the letter, often without consideration of the basic human rights of people. Their task seems to be to protect the business, including management, and equipments.

Irrespective of who might have started the fight, bouncers can eject all who they view problematic and as misbehaving. Their apparent confrontational nature often aggravates the very violence they would want to quell. Some drinking places seem to operate from the premise that when people fight, or seem uncontrollable after drinking a lot, they should be advised to leave or if they refuse, to rather be ejected. This is to protect the name of the drinking venue, which is not to be put in disrepute on accounts of reported violent crime or death cases. Some patron’s being aware of these practices and procedures would take advantage of intoxicated women who would ultimately end up being prey and victimized.

Security staff is also occasionally expected to carry out body searches in order to prevent people from entering the premises with weapons. Powerful people with money often seem to buy their way through.

8.5 Type of alcohol consumed

Though recorded alcohol such as beer seems popular with most licensed drinking venues, unrecorded alcohol such as sorghum beer, including concoctions made from harmful ingredients, seemed popular and affordable with most unlicensed drinking venues. Some concoctions available ranged from “Skelem gemmer”, “Pineapple concoctions”, and “Mqombothi”. A jar (equivalent of 750-ml) would cost about R2.50 with the ingredients made up of things such as mentholated spirits, car battery acid and steel wool. Not only are these concoctions easily affordable, they also pose a health hazard. In rural and informal settlements both men and women are users.

What was also evident from these areas was the presence of drinking networks. These are a contingency of friends who seem to support each other’s drinking habit. They buy for one another and in most instances will even drink from the same container in a round robin way.

8.6 Ownership of the alcohol business

What was evident from the observations was how gendered ownership of the type of drinking venues was. For instance, most of the licensed venues such as taverns and night clubs seemed owned and controlled by men whereas shebeens, which are mostly unlicensed, small and therefore informal, seemed to be the territory of mostly women. Most women either run these single-handedly or with the help of other members of their family, the girl child in particular. Some of the factors contributing to making children vulnerable to violence and binge drinking are trading hours that are not fixed. During peak days such as on weekends and month end it is very common for the business to operate from “dawn to dawn”, and to share all facilities in the house with strangers. There are instances where sleeping accommodation is even made available to some patrons. The sobriety of the shebeen queen, who happens to be the mother, is also not guaranteed thus creating a situation where children lack parental protection. Serving of alcohol by children can also lead to premature intake and can also be viewed as a form of child labour – a criminal act in South Africa.

8.7 Sitting arrangements and drinking patterns

In a drinking place people are normally not ushered to occupy certain seats. However, what seemed evident is that there were three distinct areas in most taverns and night clubs, which are the bar area, the hallway and the dancing area. Patrons mostly occupying the bar area seem to be older men in their forties with buying power. The second busy area seems the hallway occupied by both men and women. From this category young men seemingly in their late twenties, dominate with sales. The very last group seems the dancing area with fewer sales, seemingly dominated by women. In a shebeen, however, the sitting arrangement seems not gendered. People with buying power seem to be conspicuous, known, and are mostly in their forties.

Most men with buying power demand attention and seem to be afforded ownership and control of processes such as the music to be played, who is to be ejected and the woman or women they want to end the night with, presumably from the dancing area.

What the drinking venues benefit from this buying power seems the use of “up-selling”. For instance, if they order a tot of spirit, they normally are convinced to buy the whole bottle on the basis that doing that represents a better value. In order to live up to the image of masculinity they normally give in to up-selling and end up binging.

9. DISCUSSIONS AND CONCLUSION

The study has attempted to answer the question: What are the factors contributing to binge drinking and interpersonal violence at and around public alcohol drinking places? These are further discussed as follows:

The study revealed that public disorder caused by the proximity and density of drinking places nearby other businesses and residences does contribute to violence. These findings support those of McClelland and Teplin (2001) who found that 46.1% of public disorder vandalism encounters involve alcohol. These incidents include urinating in public, public drunkenness, disorderly behaviour and noise violations. These encounters often occur during evenings and weekends in or near drinking establishments, and often are characterized by a concentration of social

interaction that hold the possibility of erupting in violence (Graham *et al.*, 2005; Norström, 1989; Quigley & Leonard, 2004/2005).

Binge drinking is predicated by the availability of alcohol through the accessibility of drinking places to residences and places of work. The availability of alcohol does seem to attract many more people to the vicinity, resulting in such areas becoming violence prone. The results of Parry and Bennett's (1998) study are consistent with the present findings, in that they found that access to alcohol has increased substantially as a result of the involvement of people in micro-enterprises involving home-brewing (production) and the resale (distribution) of industrially produced alcohol. Where alcohol is sold through the informal sector, access to alcohol is virtually unlimited, and the unlimited access does encourage use and misuse. Pithey and Morojele's study (2002) also supports the present findings. They found that, across South Africa, alcoholic beverages are very readily available from both licensed and unlicensed establishments.

Drinking places on the whole seem poorly managed, especially shebeens in informal settings thus portraying the "we care less" attitude from owners and managers of public alcohol drinking places. Such venues do experience episodes of violence. The prevailing attitude does seem to rub off on patrons. Indicators of poor management are poorly maintained facilities, permissiveness of deviant behaviour, overcrowding, and serving of alcohol to those already intoxicated. Similar studies yielded the following results: Quigley and Leonard (2004/2005) found that participants in their study were more likely to report that violent bars were smokier, hotter, dirtier, darker, more crowded and more likely to have competitive games, whereas Graham (2006) found violent bars to be more run down, to serve patrons to intoxication and to have an "anything goes" atmosphere. The WHO Policy Briefing on Interpersonal Violence and Alcohol (2000) also found that premises that are crowded, lacking seating and ventilation, hot and noisy, unattractive and poorly maintained have a high proportion of intoxicated patrons have a permissive attitude towards anti-social behaviour and are more associated with violent behaviour. Morojele *et al.* (2006) found that a drinking place where management allows seductive music, dim lights, dark corners, unisex toilets and unconcerned patrons, seem conducive to sexual intercourse taking place.

The different marketing styles that seem to contribute to the misuse of alcohol and violence emerged from the findings as marketing which places heavy emphasis on profits to the detriment of people (patrons), which seems to use women as pawns in an alcohol-profit game, and marketing style that seems aggressive. The MCM Research (2004) findings concur with the present findings, namely that some of the promotional events used are “aggressive”, irresponsible and inappropriate marketing, such as reducing the price to beat the price of the pub next door. Jernigan and Obot (2006) found that, in Nigeria, the marketers tout on the health benefits of beer. For example, in their advertisements readers are informed about how rich beer is in anti-oxidants, which helps in warding off cancer. Hence it is a “health tonic” when consumed in moderation, they say.

The sexual stereotyping of women seems a norm with most men at different drinking places, based on the belief that a woman who accepts drinks from a man is willing to sleep with that very man as a form of re-payment, contributing to sexual violence. These findings are consistent with stereotypes that, when a woman accepts beer from a man, she is obliged to exchange sex (because she has “drunk his money”), also that women who dress in a so-called sexually provocative manner or get drunk are more likely to be perceived as “loose” or sexually “easy” by men in general. Importantly, the shebeen environment seems to support an acceptance where women who are raped or physically attacked do not receive aid from others. Rather, it is believed that women who accept drinks from men owe these men sexual favours. A number of phrases are used to describe this widespread belief, including “she drank his money” “she baked the cake” and “if you feed a horse you ride it” (Parks & Scheidt, 2004; Wojcicki, 2002; Wojcicki, 2000).

The present study found the peak periods in different drinking places to be on weekends, particularly month-ends. What was evident in most rural communities and in the informal settlements was that the peak periods coincided with the pay-out days of social assistance. Money meant for the maintenance of children and families seem to maintain a habit of alcohol consumption. Contrary to the present findings, the study by Leatt *et al.* (2005) revealed that there is substantial evidence that social grants, including the Child Support Grant (CSG), are being spent on food, education and basic goods and services.

There seems no security for patrons generally at different drinking places, especially in unlicensed establishments. In licensed drinking venues where there is security in the form of people guarding the gate or door, these seem to range from people without specialised security training to bouncers who are confrontational in approach. This approach seems to cause more violence (harm) than dealing with it (good). The results of Monaghan's (2002) study support the present findings, namely that the regulatory work of door staff at bars consists of demands which are framed by club management, commercially directed "rules of the house", and the pride of masculinity - all these without professional training provide conditions for hierarchical tensions, conflict and violence between themselves and others.

It is evident from the present findings that beer and traditional homemade brew are alcohol beverages of choice for patrons in different drinking places. Binge drinking seems to be based on affordability of the very alcohol beverages. Similar findings were noted by several studies, such as the results of Morojele *et al.* (2006), who found that beer was the main alcohol consumed from quart bottles (750ml), whereas Clausen *et al.* (2005) in their study found beer, and in particular the traditional homemade sorghum-based beer, to be the preferred alcohol beverage for the vast majority of the current drinkers, while the study conducted by Obot (2006) found that traditional homemade alcohol contributes significantly to the overall consumption of alcohol in all African countries where drinking is a common practice. The overall estimate of unrecorded alcohol consumed in African countries is indicated as 50%. The WHO Global Status Report on Alcohol (2004) found that these traditional forms of alcohol are usually poorly monitored for quality and strength, and in most countries it is possible to find examples of health consequences related to harmful impurities and adulterants. Extreme cases might even result in death.

The findings in this study that drinking networks support and maintain excessive drinking habits for men did not differ significantly from the findings of Morojele *et al.* (2006), who found that drinking appeared to be an important social activity for men to pass time. Drinking among age-mates seemed to foster a sense of identify and a feeling of "camaraderie". Some of the men seem to take pride in having very high tolerance for alcohol.

On-the whole, shebeen queens seem to dominate the shebeen business, while taverns and night clubs seemed the territory of most men. These apparently female-headed households tend to rope in members of their family, the girl children in particular, in the running of the shebeen business - some form of child labour, thus exposing them to abuse and violence, moreover because the sobriety of the mother is not guaranteed. Shackleton's study (2004) supports the present findings. The study found that, among children selling for their mothers, over 60% did not have a father in the household, whereas the study by Louw and Shaw (1997) found that parents who drink excessively become negligent and abusive, occasionally being present and intoxicated while children are molested. Whereas Shepherd *et al.* (2006) found in their study that an inadequate parent-child relationship can be viewed as contributing to sexuality problems and alcohol and drug abuse.

Child labour as another form of victimization is defined by the International Labour Organization (ILO) as "work which deprives the child of his or her childhood and dignity, which hinders the child's access to educational attainment, and which is performed under conditions that are hazardous to the child's health and development" (Peacock & Booyens, 2007:182). In the South African situation the illegality of child labour is clearly depicted in the Basic Conditions of Employment Act (Act 75 of 1997) and the Child Care Act (Act 74 of 1983). These Acts clearly state amongst others that: no person may employ a child in places that risk the child's well-being, his or her educational, physical or mental as well as his or her spiritual, morale or social development. Penalties for the contravention of these provisions may range from a fine to a three-year sentence (Peacock & Booyens, 2007:182). Amidst these child protective measures, child labour still seems to persist in the South African situation.

Sitting arrangements at most drinking venues seem gendered, especially in taverns and night clubs. This clearly singles out men with buying power, from women seemingly without. The apparent unequal buying power relations manifest in the misuse of power against others and others exploiting the very power through "up-selling", which contributes to binge drinking. The study undertaken by Boonzaier and De la Rey (2004) in support of the present findings uses the terms masculinity as authority to depict men with (buying) power and femininity as subordination, based on lack of (buying) power. Mokgoro (2003) found that poverty and inequality

are strongly gendered, that the most disadvantaged and marginalized in the South African situation are black women. Specifically African customary law - which is patriarchal in both character and form, has been interpreted in a way that allocates crucial benefits according to male primogeniture - had a detrimental effect on the socio-economic power and well-being of rural women. Wilsnack *et al.* (2000) found that men, based on their buying power, were more likely to drink than women, and that male drinkers used alcohol more frequently, in larger amounts, and with higher risks of adverse consequences than female drinkers.

Overall, the study contributes to a better understanding of factors contributing to binge drinking and violence in the social context of both licensed and unlicensed alcohol drinking outlets. These factors seem to be centred on aspects such as: the proximity and density of drinking places nearby other businesses and within residences; the availability and accessibility of drinking places to residences and places of work; poorly managed drinking outlets; irresponsible marketing styles; sexual stereotyping of women; ineffective security system; affordability of alcohol; the existence of drinking networks, usage of child labour; and the existence of unequal buying power relations. Since the dawn of the democratic government in South Africa in 1994, various legislations, policies and regulations have been enacted in order to regulate public alcohol drinking places in terms of alcohol abuse and violence. Amidst these written changes, there seems to be incongruence between policies and practices. This therefore calls for a reformulation of some of the existing regulations, including existing guidelines. Structural challenges which involve the location in which most of the public alcohol drinking places are situated as well as the violent behaviour of some patrons and alcohol business owners cannot be ruled out in a call for change. The process of reformulation and that of implementation of change should reflect the involvement of policy makers and implementers, including consumers of those very policies such as: community members, patrons and owners as well as managers of public alcohol drinking places.

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CHAPTER 5

FACTORS THAT PRECIPITATE AND MAINTAIN INTERPERSONAL VIOLENCE INFLICTED BY BINGE DRINKERS IN THE DEMARCATED AREAS OF THE NORTH WEST PROVINCE

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ABSTRACT

The objective of this article was to report the factors that precipitate and maintain interpersonal violence inflicted by binge drinkers selected from the Prospective Urban and Rural Epidemiological (PURE) study, using focus group discussions and in-depth interviews. From the two demarcated regions of the North West Province in South Africa, a total number of 60 participants were purposefully selected from a population of 2 000 PURE participants. The results indicated the following as precipitating and maintenance factors:

A culture of drinking: This culture seems propagated by socio-economic and cultural factors. Participants drink alcohol for four reasons – for social motives (to recreate, to meet friends and to socialize), as a cultural practice and a cultural belief (when performing and observing cultural rituals), for coping motives (to relieve stress, to forget family hardships), and enhancement motives (for assertiveness).

A culture of violence: Men seem violent prior to consuming alcohol and violence seems to be a learned behaviour. The different types of violence seem perpetrated by men in both public and private settings, with sexual assault taking the lead, especially after a drinking session.

A culture of expectations and entitlement: Women are expected to be submissive and passive and to fulfil traditional gender roles, those of caring and child rearing.

Women are also expected to forego their assertiveness. In terms of entitlement, most men seem to believe they are entitled to sexual favours and conjugal rights by virtue of having paid for those services in both public and private settings. Most women seem defiant to these expectations, resulting in gender role transgressions, binge drinking and more violence perpetrated against them.

Challenged traditional gender roles: Traditionally prescribed roles for men are being challenged and defied by women through the drinking of alcohol in public, the practising of women's rights, and an increasing employment of women compared to men – facilitating women's control over their lives and behaviour, including their resources.

A broad implication of this study is that the factors precipitating and maintaining interpersonal violence inflicted by binge drinkers are not linear but circular. This means that while these are contributory factors to interpersonal violence, they are not causally related. There are other underlying factors such as those found in the ecological model and those concerning the individual, relationship, community, and societal spheres.

These findings necessitated a need for further investigation provincially in terms of job creation, provincial guidelines for liquor licensing with regard to responsible trading and licensing, non-adherence to ethics and unavailability on weekends by some service providers, and the shifting traditional gender roles of women through empowerment processes, which appeared to be excluding men.

Key terms: alcohol abuse; binge drinking; focus groups; in-depth interviews; sexual assault/violence; violence.

INTRODUCTION

In this article factors that precipitate and maintain interpersonal violence inflicted by binge drinkers in the demarcated areas of the North West province are determined. What is unique about the article is that it represents the views of binge drinkers and of non-binge drinkers. The views of men as perpetrators of interpersonal violence against women, including those of women as victims, are also solicited and presented qualitatively. Yet another element of uniqueness in this article is that the researcher spoke the indigenous language of the participants – thus having ensured

that valuable and rich information as presented by the participants is not lost as can happen in the translation process. This study is apparently the first of its kind in the demarcated area and in South Africa as a whole. Encompassed within this study is also the rural and urban perspective, whereas previous studies cited are only similar to the present study in relation to a particular variable used and not to the entire study.

2. PROBLEM STATEMENT

The Southern as well as Bophirima regions - demarcated for this study, are two of the 4 districts in the North West Province. In the Bophirima region, the majority of its people (439 637) live in designated rural areas. These rural and traditional villages are on tribal land, with poorly developed and few basic services. Unemployment in the region is reported at 77% of the population in the 15 to 65 year age group, with most people living below the poverty datum line. Limited exposure to formal education and training seems a considerable barrier to economic progress skills (Msengana-Ndlela, 2006:1).

The largest urban areas in the North West Province are in the Southern region. Most of the economic activity is also concentrated in this region between Potchefstroom and Klerksdorp - situation which currently manifests in a high migration rate of most rural males to these urban areas, giving rise to the establishment of informal settlements. High alcohol consumption levels per capita (34ℓ-68ℓ) are recorded in most of these informal settlements. Children of the alcohol abusing parents in these areas stand between a 60% - 80% chances of developing alcohol dependency problems. Whilst with children living on the streets, they seem to have a 100% chance of abusing alcohol and of experimenting with other types of substances, due to negative environmental influences (SANCA National Annual Report, 2004/2005: 31; Walmsley & Walmsley, 2002: 2).

Both the demarcated regions are also violent prone - evidenced from the crime statistics for the North West Province for the period April to March 2001/2002 to 2007/2008 (South African Police Service, 2008:1) which shows the following growth: robbery with aggravating circumstances was 3 743 and increased to 5 528; substance-induced violence increased from 2 742 to 7 004, while; culpable homicide increased from 848 to 1 053. These incidents are commonly happening at

home, on the streets, also at and around public alcohol drinking places. The victims know most of their perpetrators either as neighbours or as relatives. Some of the cases are never reported, some are withdrawn or dropped.

3. OBJECTIVE

The objective of this article was to determine factors that precipitate and maintain interpersonal violence inflicted by binge drinkers.

4. RESEARCH METHODOLOGY

The Prospective Urban and Rural Epidemiological (PURE) study is a prospective cohort study that tracks changing lifestyles, risk factors and chronic disease over a period of 12 years using periodic standardized data collection in urban and rural areas of many countries in transition. All the baseline data for South Africa were collected during 2005. The PURE study provided baseline data for this article, and makes reference to a number of additional sub and auxiliary studies such as alcohol and violence, areas that are investigated in depth in this research – hence a link between the two researches (Department of Physiology and Nutrition, 2005).

4.1 Method

A qualitative mode of inquiry was used, with phenomenology and ethnomethodology approaches comprising the research design (De Vos & Fouché, 2002:80). These research designs aim at understanding and interpreting the meaning participants attach to their everyday lives. Focus groups were used to enable participants to build on each others' ideas and comments, to provide an in-depth view not attainable from individual interviews (Nieuwenhuis, 2007:90). The aim of in-depth interviews used, on the other hand, was to see the world through the eyes of the participants, and also to obtain rich descriptive data that helped one to understand the participants' construction of knowledge and social reality (Nieuwenhuis, 2007: 87).

During focus groups no personal questions were asked, instead, group discussions were facilitated around a particular topic such as: "Why do people drink alcohol excessively and others not?" The discussion topic further developed into sub-topics (see Annexure 6). Whilst with in-depth interviews the question for men binge

drinkers was: "What is your impression of women who consume alcohol?" (emphasis was on women binge drinkers because of the assumption that they become easy targets of sexual assault by men binge drinkers after the consumption of alcohol). Thereafter sub-questions emerged. For women binge drinkers the question was: "What are the women's reasons for drinking alcohol?" sub-questions thereafter emerged (see Annexure 7).

4.2 Participants

Participants were purposefully selected from the records of the PURE Study (2005) for focus and for in-depth interviews. Focus groups comprised 40 participants – 20 from each region, further subdivided into 2 male groups and 2 female groups. Each focus group was made up of 10 participants. The number was small enough for all the participants to be given the opportunity to share insights and large enough to provide diversity of perceptions (Schurink, 2002: 314). With in-depth interviews, a total of 20 participants were interviewed - 10 from each region, and further subdivided into 5 men binge drinkers and 5 women binge drinkers (see Table 1).

TABLE 1: DISTRIBUTION OF FOCUS GROUPS AND IN-DEPTH INTERVIEWS

DEMARCATED REGIONS OF THE NORTH WEST PROVINCE	FOCUS GROUPS		IN-DEPTH INTERVIEWS	
	Gender of participants		Gender of participants	
	Male binge drinkers	Intimate partners of the male binge drinkers	Male binge drinkers	Female binge drinkers
BOPHIRIMA REGION	10	10	5	5
SOUTHERN REGION	10	10	5	5
TOTAL NUMBER OF PARTICIPANTS	20	20	10	10

The selection criteria for focus group discussions were determined by means of the following:

- Binge drinking: Binge drinking was identified by the consumption of five or more drinks (units) per drinking session for males, and for females three or more drinks (units) per drinking session. Also, binge drinking encompassed drinking first thing in the morning, drinking to intoxication, drinking apart from meals, or drinking on weekends (Odejide, 2006:46; WHO Global Status Report on Alcohol, 2004:1). See Table 2 for practical examples of measurements used on how the alcohol consumption level for binge drinking was determined.
- Intimate partner relationship: Female intimate partners of the male binge drinkers also qualified for inclusion in the focus groups, irrespective of whether or not they were binge drinkers. This criterion was based on the assumption that the female partners of male binge drinkers are the one's who most painfully bear the brunt of their partners' alcohol-induced violence.
- Age: Participants were to be in the 35-50 years bracket. This age group is based on the criteria as used in the PURE study.

TABLE 2: EXAMPLES OF MEASUREMENTS USED ON HOW THE ALCOHOL CONSUMPTION LEVEL FOR BINGE DRINKING WAS DETERMINED.

Quantity of alcohol consumption	Unit equivalent
One quart of beer; A jar of sorghum beer (750ml)	4
One can of beer	2
One tot of whisky	1
One small glass of wine	1
One bottle of cider	2

Source: Soul City, 2007:16

The criteria for eligibility with in-depth interviews were similar to those for the focus groups, with the exception of the criterion on intimate partner relationships. Both men and women binge drinkers qualified for inclusion in the in-depth interviews.

From a total number of 2 000 PURE South Africa-participants a total of 60 people were purposefully selected for inclusion in this study.

Two local women (PURE fieldworkers) were employed as field work assistants, to trace all the identified people for focus groups and in-depth interviews using their physical addresses as provided in the PURE study (2005). Thereafter, the fieldworkers assisted by organizing community meetings with all the identified people. All people earmarked and contacted agreed to participate, presumably because they were already familiar with the fieldworkers and the research process based on their PURE experiences. The data gathering process for both focus group discussions and in-depth interviews took three weeks to complete, which lasted from 13 June to 4 July 2008.

4.3 Procedure

Each focus group session was held in a community hall, which is centrally located and free from distractions. The sessions lasted approximately 90 minutes. Whereas with in-depth interviews these were conducted privately in the homes of the participants. The sessions lasted approximately 55 minutes.

4.4 Ethical considerations

After being provided with detailed information regarding the research study, all those interviewees who indicated willingness to continue had to sign a consent form (see Annexure 13). Since all the research dealing with interpersonal violence involving women needs to prioritize women's safety during and after the study, reference was made to the ethical and safety rules for domestic violence research, as recommended by the World Health Organization (see Annexure 18), and presented by Watts *et al.* (1999: 4). Permission to conduct the research was granted by the Mayor Potchefstroom Municipality, and the Barolong Boo Tlou le Tau бага Letlhogile traditional Council, under whose jurisdiction the demarcated areas fall. Ethical clearance was also granted by the North-West University - nr NWU - 00047-07-S7 (see Annexure 12).

4.5 Data analysis

Since the focus group discussions and in-depth interviews were conducted and transcribed in the Setswana language by the researcher personally, the information

gathered was then later translated into the English language. With the analysis of the data the approach by Hubberman and Miles was employed and consists of three linked sub-processes: data reduction, data display and conclusion drawing and verification (Maree & Van der Westhuizen, 2007:38). Once the analysis was completed the results were read and re-read, so as to identify phrases that formed the general themes. Verbatim quotes relevant to the themes are used in the presentation of the results. A conclusion is drawn and the findings are interpreted in the form of discussions.

5. FINDINGS

The findings of both focus group discussions and in-depth interviews are presented under the following 6 themes. These themes provide a profile of the participants' characteristics, an overview of factors leading to binge drinking, and those triggering violence against women, in the respondents' own words and from their own viewpoints.

5.1 Characteristics of the participants

Ninety-five percent of all the selected participants have between no schooling to very limited exposure to formal education (primary level), rendering them unskilled for any formal type of employment. The majority (65%) of those engaged in intimate partner relationships are cohabiting with their intimate partners. This type of union is commonly legitimized through the payment of lobola by the men, constituting it to some form of common law or traditional marriage.

Much as most participants are plagued by unemployment (53%) the problem seems more prevalent among the male binge drinkers. Compared to their intimate female partners, 65% of the male binge drinkers are unemployed. The age of first alcohol consumption for the majority of male binge drinkers is 20 years, whereas with their intimate partners, including the women binge drinkers, it is 30 years. The majority of the identified binge drinkers (male and female) are weekend drinkers (54%), with male binge drinkers consuming an average of 3 299ml of alcohol per drinking session, compared to female binge drinkers who consume an average of about 1 341ml of alcohol per drinking session (see Annexure 19-22). Weekend drinking in this study encompasses Friday, Saturday, and Sunday drinking. However, as might

be expected, people tend to drink more on Saturdays. This profile cannot be compared with the PURE South Africa profile, because the variable “binge drinking” does not feature in its main study.

5.2 Motives for drinking alcohol excessively

Focus group discussants from all settings inclusive of men and women indicated the most predominant drinking motives as being social and cultural. As a social factor, participants indicated that they drink for recreation. As one male discussant from an urban area indicated:

“I drink alcohol to meet with friends and to socialize. At a tavern where I normally go to, there is good music one can listen to, including snooker and chess games”.

Other participants from the focus groups indicated their adherence and firm believe in their cultural practices. There was consensus among the discussants that there is no cultural ritual in Setswana which is performed without the usage of moderate alcohol intake, home brewed beer especially.

Both men and women in the focus groups from all settings indicated that drinking alcohol has for them become a way of life. An overwhelming number of male discussants indicated having started drinking seriously around the age of 20 years, simply because everybody around them was drinking alcohol at the time, and drinking alcohol was also associated with manhood and masculinity. During a focus group-discussion one male binge drinker explained the essence of this theme:

“When I was growing up in this rural community, the first thing I was confronted with was seeing my parents drink alcohol. My mother would offer me a sip of sorghum beer from time to time, as nutritious food and relaxing tonic. I started drinking seriously from the age of 20 years. For me there is no excuse not to drink alcohol, it is everywhere. Any celebration I go to, alcohol is served. At my church when communion is served, alcohol is involved. After a funeral, we have an after tears party, where we drown our sorrows in alcohol. All influential people in my community I know are current binge drinkers”.

During focus group discussions male binge drinkers further attributed their binge drinking to problems of not being able to cope economically due to the high rate of unemployment and poverty in their respective communities. The men seem to believe they are being stripped of their natural roles by the economic challenges, which are those of being heads, providers and protectors of their families. The euphoric effect in alcohol, they say, helps them cope by temporarily fleeing from these challenges. Excessive drinking, they indicated, also assists in enhancing their apparently lost authority of masculinity.

During the interview sessions and focus group discussions women likewise referred to the economic burden they have to endure when executing their roles of caring and rearing, especially with most of their intimate partners not being employed. This burden, they indicated, creates stress. Alcohol for them becomes a stress reliever. For example, one woman from an urban area during an interview session reported the following concerning her drinking habit:

“My reason for drinking alcohol started during a time when my common law husband would come home from drinking with friends, and would demand food he never provided us with in the first place. He would accuse me of sitting on my behind when women my age are trying to bring in money any how. On the other side, the demand for all forms of material satisfaction would also be directed at me by my children – I have 8 of them, all alive. Most of the time I would be pregnant, without anybody concerned about my own personal needs. Failure to provide for everybody’s needs would often lead to verbal, physical and sexual assault. Then one day I decided enough is enough, I am also going to drink. Today when I get any amount from the casual job I am doing, I first satisfy my drinking habit before thinking about buying food for my family. My drinking, which I now couple with snuffing, soothes my nerves – I’m always relaxed. Also, should a fight erupt at home these days I’m ready”.

During the interview sessions men binge drinkers also indicated the pleasure they derive from drinking in the company of other men in drinking networks. These

drinking networks not only seem to be supportive of men's drinking habits, they also seem to maintain conflict in their members' families.

"Apart from drinking together, we also advise each other on how so-called problematic women can be disciplined. We are able to discuss other personal things freely as well, because membership to our drinking networks is determined by age group and economic status, which makes us free to one another".

5.3 Motives for abstaining from alcohol

Abstainers who indicated never to have consumed any alcohol beverage in their lives were a handful of women in the focus groups, from both the rural and urban areas. They attributed their decision not to drink alcohol at all to their strict upbringing which seemed to have roots in a strong Christian faith. Some even indicated that not drinking alcohol at all is some form of exercising their personal choice. Men binge drinkers from the focus groups who indicated not having consumed alcohol for the past six months or so, indicated that their decision for abstinence was not voluntarily but propelled by ill-health. It is a daily struggle, they admit, especially with such plenty around them.

5.4 Victimization and victimizing experiences

Women interviewees revealed that most men seem violent prior to consuming alcohol, based on how they are socialized. As one woman during the in-depth interview remarked:

"In my community violence and masculinity are related. You command respect as a woman if it is known that your man is violent and feared. Those are the very reasons why, as women, one beating or two by an intimate partner occasionally is not a bad idea, as long as it doesn't develop into a daily occurrence. Non-violent men are often looked down upon in my part of the community. Setswana terms such as *o tshereane* (he is dead alive), or *ke seka – monna* (half a man) would be used to qualify such non-violent men".

The violent nature of such men seems evident in both private and public settings, especially when they refuse to take “No” for an answer. In their homes, these violent men would commonly acquire Setswana names such as *Tau dia rora* and *Tladi ya tlapane* (violent descriptive names).

An overwhelming majority of women during the interview sessions indicated having personally experienced some form of victimization perpetrated by men from either a public and/or a private setting. The type of victimization experienced ranged from verbal, physical, economic, emotional, and commonly sexual assault. In terms of verbal abuse, this seemed to have ranged from harassment including bullying to threatening with sexual violence. These included telling dirty jokes, being instructed to carry out certain tasks contrary to ones’ will, such as having to organize a fellow woman for an unknown man at a drinking place, to threats of physical harm. With physical abuse, women described having been grabbed by their breasts and/or hair then pushed against a wall, punched in the face with a fist, to being stabbed with a knife or a sharp instrument. With economic abuse, this is said to have ranged from an intimate partner stealing money meant for food to buy alcohol, to children not being financially maintained by their biological father who moved in with a shebeen queen. With emotional abuse, this ranged from exposure of private matters about one in public, such as one’s sexual performance to being called names such as “*you pig*”, to being told “*should I leave you, nobody will ever love you*”.

The women interviewees indicated that most of the different forms of victimization experienced would often culminate in sexual assault. One woman participant described the following about sexual assault encounters by fellow women from an urban setting:

“I know of a fellow woman who was raped whilst heavily pregnant, on her way home one night (about 21h00) from a night vigil on a Friday. The assailant grabbed her, tore her underwear with a knife and raped her amidst pleading for mercy. After the gruesome encounter the assailant cut open her belly and left her to die. In another instance my neighbour was sexually assaulted by her intimate partner, after a quarrel had ensued. The incident is said to have happened shortly after the man in question had raped a woman at a tavern. No protection such as a condom is said to have

been used for either of the incidents. After this atrocious act, still fuming the perpetrator inserted a bottle-like object inside her private part. Today the victim is wheel-chair bound, and HIV positive, whilst the perpetrator's whereabouts are unknown. The matter never even went to court".

During the interview sessions men were less willing to disclose their victimizing experiences, except in instances where they apportioned blame or when indicating that they were provoked - such as the case with one man interviewee from an urban setting who seemed to take pride in having very high sexual urges after drinking sessions:

"I am able to continuously sleep with three to four women at a time, including my intimate partner. Just looking at a woman's breast or rear end turns me on, especially when I have been drinking. In a public drinking outlet such as a tavern, these cheap women lead and tempt us by the type of clothing they wear – such as short skirts and see-through tops. They would drink your money, then sit on your lap and start fondling you. Sometimes after all these leads they would move to another man, when its pay-back time. I have a record of having forcefully taken what I still believe was my share (raped her)".

In a domestic setting, most men interviewees acknowledged that they are cohabiting with their intimate partners, and claimed to have formalized and legitimized the union through the payment of lobola – a form of bride price (traditional marriage). This type of payment, men indicated, affords them ownership of their female partners, including entitlement to conjugal rights, whenever they are in the mood for it. Refusal by women often is said to lead to accusations of infidelity which commonly triggers sexual assault.

Victims to the apparent sexual assaults seemed to be women from both rural and urban settings. During the in-depth interview sessions a significant number of women articulated their feelings of helplessness and hopelessness by the following description of one woman interviewee:

"We have no recourse in this community as sexually victimized women. Our families do not want to take us back or to interfere because they have eaten the bride price. The police do not take us seriously at all. When you are raped at a shebeen or a tavern, they pose ridiculous questions such as: did you enjoy it? What were you doing at that ungodly hour at a drinking place? What caused the rape? Why did you not scream? We then end up dropping charges. When you are sexually assaulted by your intimate partner, they still refer to it as being a private matter".

Men seem to attribute this apparent sleeping around to a form of fun also to a form of a disciplinary measure, especially disciplining those women who they say claim to have "rights".

5.5 Behaviours that contribute to risk for women victimization

Men binge drinkers during the in-depth interviews were more vocal than their women counterparts regarding the behaviours influencing the risks for women victimization. Most of the men referred to women who drink alcohol in a public outlet as an embarrassment to themselves, to their families and to their intimate partners. Such women are regarded as "cheap" and as lacking morals. During the interview session one man indicated the following about women who drink alcohol at drinking places:

"They rub themselves against men they don't know. Others allow strangers to touch them anywhere and anyhow. Sometimes through courtesy we buy them alcohol and they will sleep on your lap, pretending to be having a black-out. In such circumstances men then use the golden opportunity afforded them of sexually abusing them".

The male participants also made reference to lack of respect by women, especially when they, the men, are not income earners. Other male participants referred to their possessive nature towards their intimate partners. Some victims of jealousy reported to being strictly monitored and controlled on what they choose to wear in public, who they communicate with, how long they have been out and how late they

arrive at home. In worse scenarios, some women claimed to being subjected to vaginal inspections.

During the interviews some of the men predominantly from the rural areas indicated their dislike of the use of the term “women’s rights” by some women. To most men the concept is un-African, evidenced from the response of one man during an interview:

“Where have you ever heard of a normal man having to change a baby’s diapers or even being expected to perform a woman’s work – that of helping in the kitchen. To me every man who performs a woman’s job is be-witched. Other women when drunk would even swear at you, or talk back when an argument ensues. Others even go to the extent of making sexual advances first. Where have you ever heard of such anomalies? I expect cheap women at a tavern to behave like that, not my partner. I’m the head of my family, and this is my God-given right which has to be respected”.

During the interviews men indicated that they expect women not to drink at all, since it would be a traditional gender transgression of culturally determined roles for women. Women are also expected to be submissive, passive and execute their traditional caring and rearing roles, thus living up to the Setswana proverb: *“Mmangwana o tshwara thipa ka fa bogaleng”* (Meaning that a woman is leader of her household, with a man as the head). Men also indicated that they detested women who answer back, especially during a conflict, for after all, traditionally speaking the last word is supposed to be theirs.

5.6 Coping and support networks

During the interviews, as part of the coping mechanism, women binge drinkers openly acknowledged that they use alcohol to self-medicate. In terms of the usage of violence protective services such as the police, social work services and various Community-based organizations, most of these seem mainly used by both men and women interviewees if they were court ordered, or if a neighbour reports on behalf of the victim. This apparent negative behaviour seems propelled by the negative treatment victims claim to be receiving from some of the service providers meant to protect them. Other reasons cited for non-usage of such services also included

being ashamed and embarrassed, not being ready to leave their abusive partners, as well as guilt.

Men interviewees indicated that, based on their masculinity, it is not often easy to openly acknowledge that they need help, especially when the service provider is a woman. To them this is a sign of weakness. Women further indicated that they felt comfortable to seek help from faith-based organizations, such as churches. These, they said, could be fully trusted on the basis of their adherence to principles of confidentiality and respect.

“When I share my problem with my pastor at church I know it is very safe. They pray with us and offer us counselling. Sometimes when I feel that it’s too delicate even for the pastor to know, I kneel and pray directly to God”.

Some indicated that friends only acted as support systems when they themselves are victimized. During the interviews participants further indicated that the choice of such helping services seems limited in most rural areas compared to a seemingly wide range in urban areas.

As an interventive measure to the alcohol-violence phenomenon, women were in favour of seeing perpetrators of sexual violence – non-intimate partners being brought to book in particular, that is, getting a life sentence behind bars, while men referred to the creation of jobs by the government, and the non-interference of the government in their private lives. The women indicated the need for service providers to be more helpful and where need be to change their attitude and style of rendering services to abused women. The women participants indicated a need for social workers to work over weekends – a period during which most of the alcohol-induced violence occur.

6. DISCUSSION

The current study has attempted to answer the question: Which factors precipitate and maintain interpersonal violence inflicted by men binge drinkers? The following are the identified precipitating and maintenance factors:

6.1 A culture of drinking alcohol

In the current study this culture of drinking seems propagated by predominantly social and cultural factors. Participants indicated that they drink alcohol excessively as a form of recreation, because it's a way of life to them, a cultural practice and a cultural belief. The habit of drinking also seems to be maintained by existing drinking networks, especially for men. The effects of poverty, underemployment and unemployment also seem to be responsible for exacerbating the problem of binge drinking for both men and women. Participants indicated that during economic hardships they drink to cope and to relieve stress. Men in particular indicated that drinking alcohol helps in enhancing their apparently dented masculinity. These findings are consistent with prior studies.

The research by Pitso (2004) found that male patrons in the study drink alcohol for three reasons: for coping motives (to relieve stress, to forget family and life hardships), social motives (to meet friends and socialize), and enhancement motives (sexual stimulation and assertiveness). Peltzer's (2003) study on the "Drinking behaviour and problems among black South African University students", found the most predominant drinking motive to be social, followed by enhancement, and coping. Similar results were also found by Clausen *et al.* (2005). They found that almost half of the current drinkers stated that they drink to feel good and happy or for pleasure. Consumption of sorghum beer as a substitute for food and also because it is culture/tradition were also common answers.

In their study Leatt *et al.* (2005) confirmed the high rate of unemployment and escalating poverty in South Africa. Two main contributors to unemployment are cited in their findings: the first factor is singled out as the rapid emergence of the South African economy into the global market place at the end of the apartheid era, and the escalating unemployment rates that followed. The second factor is the HIV/AIDS pandemic which deepened poverty. In such hopelessness heavy drinking seems the only way out.

6.2 A culture of violence

The current study found that men seem violent prior to consuming alcohol, and that violence seems to be learned. This apparent culture of violence seems to be further maintained by some cultural expectations which seem to hold that a respected man

is a violent man. The different types of violence perpetrated by men in both public and private settings seem to range from physical, verbal and emotional violence. The type of violence prevalent seems to be sexual assault perpetrated by men against intimate and non-intimate partners, in both public and private settings. Lack of support and respect from some formal support networks seem to also aggravate the pain experienced by the abused women – a form of secondary victimization. Most women also reported to be remaining in abusive and violent relationships due to lack of options.

Studies conducted in South Africa yielded similar results. The results of a survey (Kalichman & Simbayi, 2004) on the “Sexual assault history and risks for sexually transmitted infections among women in African township in Cape Town, South Africa” found that among women who had been sexually assaulted, 27% had experienced it more than once. Also, the research revealed that women with a history of sexual assault were more likely to have used alcohol. Whilst Dunkle *et al.* (2004), in their paper which examined the prevalence and patterns of gender-based violence and revictimization among women attending antenatal clinics in South Africa, confirmed that gender-based violence is indeed a key health risk among South African women. The finding that 21.8% of women seeking antenatal care experienced multiple assaults by a male partner in the last 12 months strongly suggests the prevalence of violence in communities.

Britton’s (2006) study, on “Organising Against gender Violence in South Africa” found that South Africa continues to top international rankings on incidences of reported rape and sexual violence. These deeply ingrained patterns of sexual violence are said not to have ended with the transition to democracy, whilst Oosthuizen and Wissing (2005), in their study, revealed the high prevalence of violence against women in an area of the North West Province of South Africa and reported that various forms of violence take place, with detrimental effect for women. From a group of 387 women interviewed, 62,53% are said to have reported that they had indeed experienced violence, regardless of the form or intensity thereof, while 42,37% of women experienced violence regularly to very often. It was further indicated that alcohol consumption by the assailant seems to play a role.

6.3 A culture of expectations and entitlement

Women in the current study are expected by most men not to drink in public, to be passive, and submissive, and to forego their assertiveness. These expectations, the current study found, seem defied by most women. Binge drinking and violence seem to result from this defiance. Most men also seem to believe that they are entitled to sexual favours and conjugal rights by virtue of having paid for those services in private settings - through the payment of lobola, and in public settings – by buying alcohol for women. Women seem also expected not to provoke men through their apparently provocative behaviour and so-called provocative clothing.

Previous South African studies concur with the current findings. The study by Kalichman *et al.* (2005) found that men often viewed women as passive and, subservient, and as expected to fulfil traditional gender roles, whereas Jewkes *et al.* (2002) found in their cross-sectional South African study that for a woman to criticize a man in public is often regarded as a gender role transgression and if this happens when he is drunk it may result in a fight. The study further indicated that alcohol consumption by women was also strongly associated with domestic violence, irrespective of whether it was itself a source of conflict. Women's alcohol consumption may also be seen as a gender role transgression, depending on the type of alcohol and circumstances of consumption, and can make it more likely that a dispute will have a violent resolution.

Regarding entitlement, Abrahams *et al.* (2004) found in their study an association between sexual violence and sexual refusal. The study further found that there have been reports on the prevalence of ideas among South African men about entitlement to sexual access whenever they are in the mood for sexual encounters, and on patriarchal notions of masculinity involving distinctly hierarchical gender positions and definitions of male success in terms of controlling women.

6.4 Challenged traditional gender roles

This study found a strong recognition by men of their traditional gender roles for dominance over and above the subservient caring and rearing roles for women. The notion that men are natural leaders, providers and, protectors of their families, that drinking alcohol is more masculine than feminine, and that being violent and feared determines real manhood, particularly featured in this study. Most men also

believed that lobola affords them ownership of their female partners, including entitlement to conjugal rights. There is however, recognition that these traditionally prescribed roles for men are being challenged, defied by women, and are changing, contributing to increased conflict and violence against women. Also due to unemployment and poverty most men seem unable to provide economically for their families; they seem to believe that they are being stripped of their natural roles of being heads, providers, and protectors of their families. For instance, evidence seems abound that women drink alcohol in public drinking places. Women also reported staying in these alcohol-related violent relationships due to lack of options.

These findings are similar to those of a prior study. The Gender Perspective studies discussion document (2000) indicates that the traditionally socially determined roles for men and women have been culturally and/or socially created and have been given the status of being natural as if they “have always been” and “will always be”. From these gender roles, certain characteristics were expected of men that have been a reflection of what is meant to be male or to be masculine. Whilst to women other characteristics were attributable to them as a reflection of their femininity. For example, men were supposed to be natural leaders, decision makers and providers in society, beginning within the family. Women have often been caregivers, supporters and followers of men. Manifestations of these traditional gender roles have been the unequal power relations. Silberschmidt (2001) found that socioeconomic change has brought increasing economic hardship and changing norms and values, and these in turn have weakened the material base of male authority. Male roles have become unclear and contradictory in that a majority of men cannot fulfil expected male roles and responsibilities as the head of his household and as breadwinner, and may suffer from feelings of inadequacy and lack of self-esteem. Many are met with contempt from women who are left with increasing responsibilities, often manifesting in alcohol abuse and violence within the family setting.

As part of an intervention strategy the following recommendations are made:

- There is a need for employment opportunities to be created for both men and women in South Africa in general and in the North West Province in particular. The process of job creation should not be seen by community members as the sole prerogative of government, but that of the government together with civil

society. For after all, with sharing in government (democracy) comes sharing in responsibilities.

- Responsible drinking in communities should be inculcated in people's lives through responsible licensing. This means that regulators of alcohol drinking places should first have a clear understanding of the capacity of different areas, including working in close collaboration with existing structures in determining the number of liquor traders to be licensed.
- The process of empowering women by both formal and informal structures provincially and nationally should include men as partners in the process. That is, a departure from addressing women issues to gender issues, bearing in mind that women do not operate in a unisexed planet.
- Mechanisms should be put in place to ensure that service providers who render services to abused women in particular, have the necessary expertise, are ethically bound, and able to put in operation existing policies.

7. CONCLUSION

In conclusion a broad implication of this study is firstly the acknowledgment that the factors precipitating and maintaining interpersonal violence inflicted by binge drinkers are not linear but circular. This means that while these are contributory factors to interpersonal violence, they are not causally related. There are other underlying factors such as those found in the ecological practice perspective - in the individual, relationships, community and society. Theoretically and policy-wise the findings necessitate a further exploration and investigation provincially and nationally of job creation, provincial guidelines for liquor licensing with regard to responsible trading and licensing, non-adherence to ethics and unavailability on weekends by some service providers, and shifting of traditional gender roles of women through empowerment processes, which appear to be excluding men.

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CHAPTER 6

SERVICE DELIVERY NETWORKS AND POLICIES IN THE NORTH WEST PROVINCE

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ABSTRACT

The objective of this article was to investigate service delivery networks and policies in the North West Province. From the provincial government and non-governmental Departments in the North West Province, a total number of 13 key informants were purposefully selected for inclusion in this study. The key informants were service providers in the provincial Departments responsible for job creation; liquor regulation; Police services; Social work services; and services directed at empowering men.

A study of documents was also used to further enhance information obtained from the key informants. The results from the identified service networks through the interviews of key informants, together with the analyses of documents yielded the following information:

A significant contribution to employment creation and poverty alleviation by government is coordinated by the provincial Department of Public Works through the Expanded Public Works Programme (EPWP). Much as emphasis is placed on the temporary nature of the EPWP, sustainability of income seems ensured through the element of training included for employees. The ineffectiveness of the programme seems to result mainly from lack of commitment from other stakeholders, particularly from those within government.

In the North West Province the Liquor Act 27 of 1989 is still operational amidst a new act being introduced in South Africa (Liquor Act 59 of 2003). This old act

creates a serious challenge as it does not cater for shebeens which are in the increase in the province.

With the South Africa Police Service, policies and services in operation seem to create an enabling environment that can lead to efficient, effective, and sensitive service delivery, which directly aims at dealing with the reported insensitive behaviour of some of the police when handling alcohol-induced violence cases. Such negative reported behaviour has possibilities of manifesting in secondary victimization for the victims of alcohol-induced violence, with psychological negative results. Remedial services are offered to those SAPS members in need of such through the Employee Assistance Service (EAS). However, what is established is that the EAS seems not maximally used – thus compromising quality services by those who fall short, based on not having dealt with personal challenges.

Specialized services by social workers together with other professionals are offered throughout the week including over weekends in the Thuthuzela Care Centres. These centres are, however, not in existence in other areas such as in rural areas where the need for such services seems high.

The South African Men's Action Group in the North West renders services complementing those of the government - those of empowering men. Lack of proper funding seems a barrier to effective service functioning. In conclusion, though gaps have been identified in service delivery of the analyzed service networks in the North West, recommendations and suggestions made for change can improve service delivery – thus instilling hope in service users.

Key terms: Expanded Public Works Programme, Liquor regulations, North West Province, Social work services, South African Men's Action Group North West, South African Police Services, Thuthuzela Care Centres.

1. INTRODUCTION

Much as the problem of binge drinking and interpersonal violence is global, South Africans seem impacted by this scourge, with detrimental effects to victims, their families, communities, and society as a whole. Victimization caused by alcohol-induced violence impacts on the physical, emotional, social, and economic well-being of people, and commonly manifest in social, health, and legal issues.

Comprehensive services constituting a multidisciplinary team and using the ecological practice perspective in order to reduce such negative impacts of victimization, need to be provided to all victims of alcohol-induced violence, including the provision of services to perpetrators of these atrocities (Fourth Draft of the Integrated Victim Empowerment Policy, 2007:3).

2. PROBLEM STATEMENT

The findings from the study, as reported by binge drinkers and their intimate partners, constitute the problem statement. These are factors found, amongst others, to be responsible for the high rate of binge drinking and interpersonal violence in the demarcated regions of the North West Province (Bophirima and Southern), for instilling hopelessness in victims of alcohol-induced violence, and for accounting for the non-usage of some professional services (support networks) by the victims, and comprised the following:

- **Unemployment:** Men binge drinkers in the study attributed their binge drinking to problems regarding not being able to cope economically due to the high rate of unemployment and poverty in their respective communities. Statistics South Africa in the September 2006 report indicated that a total of 4 391 000 persons in South Africa were recorded as being unemployed in 2006, as opposed to 12 815 000 people who were not economically active, and 3 217 000 who were classified as discouraged work seekers (Statistics South Africa, 2006). Statistics South Africa's latest labour Force Survey, conducted in September 2007, found that the country's unemployment rate decreased somewhat to 23% in the third quarter of 2007, down from 25.5% in the previous year – a record low since the inception of the survey in 2001. The recorded decrease in unemployment is reported as having benefitted mostly women and the contributing industry of employment seems to be private households, in the form of domestic work (Mbola, 2008: 2).
- **Easy access of alcohol in communities:** Participants in the study indicated that they drink alcohol excessively because of its availability in their communities. The National Liquor Authority and the provincial liquor Boards are conferred with legislative mandate to ensure that the development of the liquor industry in different provinces which include the North West province functions in

a responsible manner and promotes the ethos of social responsibility yet, in most South African communities, alcohol seems to be freely available. It is estimated that there are more than 200 000 illegal alcohol-drinking outlets across South Africa – a situation accounting for South Africans consuming over 5 billion litres per year of alcohol, often resulting in risky sexual behaviour, family and public violence and trauma (see Chapter 2) (SABC News, 2006: 1; Health 24, 2000-2009:1).

- **The reported insensitive handling of victims of alcohol-interpersonal violence cases by the South African Police Services (SAPS):** Most victims of alcohol-induced violence in the study indicated their reluctance to use protective services such as those of the police. This reluctance seems to be based on the inhumane treatment victims claim to be receiving when seeking help. Such unsympathetic reactions of the police to the victims of alcohol-induced violence can heighten secondary victimization of the crime victim who is already experiencing problems with fear and anxiety, including depression or low self-esteem. The negative treatment can be quite confusing and demoralizing, often exacerbating existing problems. The victim may also perceive the behaviour as a personal attack which might be psychologically harmful (Wemmers, 1996: 20).

To be noted, however, is the fact that most SAPS members constitute a risk group for binge drinking, based predominantly on the conditions under which they execute their services. The Institute for Security Studies (2008:2) reports that SAPS members are shouldering a great burden given the high crime rate in South Africa. Their frequent exposure to violence and death, the increasing number of police suicides, and the fear that they or a colleague may be killed, are some of the factors that tend to trigger tension and stress within their working environment. Other stressors range from emotional strain caused by organizational transformation, lack of resources, bureaucracy and family responsibilities. Risky drinking in this high-risk and stressful job is mainly to cope with social pressure and also as an escape from reality. Cultural beliefs, based on drinking as a sign of manhood, can also be cited. These are situations which have possibilities of affecting the members' behaviour and performance (Pienaar & Rothmann, 2005:58).

- **The unavailability of social workers for weekend working:** As an intervention measure to the alcohol-violence problem women participants recommended, amongst others, that social work services be offered over weekends as well – these are periods during which most of the victimization of all forms takes place. An acute shortage of qualified social workers is presently ravaging South Africa, with a potential of threatening service delivery. South Africa as a country requires about 16 000 social workers over the next three years in an effort to ensure that the country provides services mostly needed by beneficiaries in terms of the Children's Bill - probabilities which make weekend working by the social workers for generic work remote (South Africa Info, 2007:1).
- **Claiming “women’s” rights triggers violence in some men:** In the study men indicated that the claiming of women’s rights by women does trigger violence in them, based on the fact that their manhood seems challenged. South African society has always been male-dominated – whether black or white. South Africa’s democratic constitution coupled with changes in policies is challenging existing patriarchy – a situation which seems to have led to a crisis in male self-identity that has not been resolved. Most men seemingly have difficulty coming to terms with the changing position and role of women in the post apartheid society. This tension seems to be the cause of the rise in alcohol-induced violence against women. Men who are calling for an end to sexism and to violence against women by men are often accused of not being black enough, or of being “coconuts” – a black person who acts “white” (Gumede, 2006 1-2).

As demonstrated above, the themes referred to do seem to trigger alcohol-induced violence. It became imperative therefore to investigate whether there are services and policies offered by different service networks in the North West Province to try to deal with problems highlighted within the provided themes.

3. OBJECTIVE

The objective of this article was to investigate service delivery networks and policies in the North West Province.

4. RESEARCH METHODOLOGY

4.1 Method

A qualitative approach was used, with snapshots as a form of research design. This type of research design involves a collection of different manifestation of expertise and other types of information in the form of interviews and documents (Flick, 2006: 142). Key informant interviews were used as data gathering technique. Key informants or respected and knowledgeable people in a setting under study are crucial for a number of reasons: First, informants can provide valuable knowledge that can lead to a better understanding of a setting under study. In other words they can facilitate entrance into an area of operation as well as into an organization. In addition, key informants can also be used to identify emerging themes in the interview process, based on their insight of the subject matter (Schurink, 2002: 285).

The study of documents was also used to further enhance information obtained from the key informants. As a qualitative data gathering tool this type of data collection method focuses on all types of written communications that may shed light on the phenomenon being studied. Written data sources may include published and unpublished documents, organization reports, memoranda, agendas, and administrative documents (Nieuwenhuis, 2007: 82).

4.2 Participants

The key informants for this study were purposefully selected from the provincial government departments and non-governmental organization in the North West Province. Eligibility criteria of participants were determined by:

- Gender: both male and female respondents qualified for inclusion in this study.
- Social Service provision: the participants were to have been service providers in the provincial Departments responsible for Job creation (Department of Public Works), liquor regulation (Department of Economic Development and Tourism), Police services (South African Police Services), Social services (Departments of Social Development and Health), and services directed at empowering men (South African Men's Action Group North West).
- Practical experience of three or more years in the field of practice.

From a total number of 24 identified employees in the targeted departments, a total number of 13 key informants were purposefully selected for inclusion in this study. All selected interviewees agreed to participate in the study (see Table 1 for a profile of the participants).

TABLE 1: PROFILE OF THE KEY INFORMANTS INTERVIEWED

Service Network	Number of key informants interviewed	Gender of key informants	Position of key informants	Programme of operation
Department of Public Works	3	1 Male 2 Females	<ul style="list-style-type: none"> • Skills development officer • Expanded Public Works Programme Managers 	Expanded Public Works Programme
Department of Economic Development and Tourism – North West Liquor Board	3	3 Males	Liquor regulators	Liquor regulation
South African Police Service	2	1 Male 1 Female	<ul style="list-style-type: none"> • Police Inspector • Social Worker 	Crime prevention Employee Assistance Services
Departments of Social development and Health	3	3 Females	<ul style="list-style-type: none"> • Social Work • Manager • Intake worker 	Policy and Development and Thuthuzela Care programme
South African Men's Action Group – North-West Province	2	2 Females	<ul style="list-style-type: none"> • Coordinators 	Planning & Logistics
TOTAL NUMBER OF KEY INFORMANTS INTERVIEWED	13			

In selecting documents to be included in this study, the following factors were verified:

- The kinds of documents used were from both primary and secondary sources, including official communication.
- The publication dates of the documents were those from the year 2000 – to the present, except when the document is an existing policy document. This is important when one deals with phenomena such as binge drinking and

interpersonal violence against women, including related information that has changed in recent years.

- The kind of main facts or arguments put forward (confirming and or disputing) and how these relate to the current study were also considered (Nieuwenhuis, 2007:83).

The question posed to key informants was: What are your services and policies in the North West Province in relation to: employment creation (Department of Public Works); the alcohol administration (Department of Economic Development and Tourism); dealing with insensitive handling of victims of alcohol-induced violence and of their reports by some members of the South African Police Services (SAPS); dealing with the unavailability of social workers at work over weekends (Departments of Social Development and Health); dealing with men's empowerment (South African Men's Action Group North West)? (see Annexure 8.) – Thereafter sub-questions emerged.

4.3 Procedure

Interviews were conducted at the different organizations from which the participants render their services. Permission to interview participants was first sought and received from the gate keepers/managers of the identified sectors (see Annexure 9). Thereafter, informed consent was obtained from the identified service providers, who were then required to complete a consent form.

4.4 Ethical considerations

Participants were informed about their right to withdraw from this study should they so wish. As participants' names were not required, complete anonymity and confidentiality were assured as well as guaranteed. Ethical approval for this study was also obtained from the North-West University (nr NWU-00047-07-S7).

4.5 Data analysis

Data in the form of interview transcripts and documents analyzed were read and re-read. Thereafter as an analytic option, connecting strategies were used which enable one to understand the data from the interviews and from the documents in context (Maxwell, 2004: 98). The process led to the emergence of themes. The

themes arrived at are then presented in the form of results. Paraphrased statements are also used to further substantiate the information gathered. Information from different documents referred to is also used to either corroborate or disconfirm the information provided by the interviewees. A discussion then takes place, followed by a conclusion.

5. RESULTS

The results from the identified service networks through the interviews of key informants together with the analyses of documents are combined and presented in order to provide a complete picture of services and policies by the identified service networks in the North West Province in terms of employment creation, liquor administration, the South African Police Service, social services and men's empowerment.

5.1 Employment creation

The Department of Public Works coordinates employment creation in the form of their Expanded Public Works Programme (EPWP), in South Africa and in the North West Province in particular.

5.1.1 Definition and Background to the Expanded Public Works Programme (EPWP)

Reviews (Guidelines for the implementation of Labour-Intensive Infrastructure Projects under the Expanded Public Works Programme (EPWP), 2005:1; Nzimakwe, 2008: 2007) explain the EPWP as one of the government's short-to-medium term programmes aimed at alleviating and reducing unemployment and poverty in South Africa. The EPWP aims at achieving this through the provision of work opportunities coupled with training. The programme is implemented through existing governmental structures, with projects funded through the budgets of line-function departments, provinces and municipalities.

One of the coordinators of the EPWP explained that the legacy of the past in South Africa has resulted in a situation where the large proportion of the population does not have the skills or opportunities to effectively participate in different employment opportunities and earn a living. The EPWP tries to bridge the gap between the

growing economy and the large numbers of unskilled and unemployed people who have not yet enjoyed the benefits of economic development. The EPWP coordinator further explained:

“In simple terms EPWP tries to put bread on the table of people who would otherwise not be able to provide that for themselves because of being unemployed, unskilled, and without the necessary formal qualifications - elements which account for them being non-marketable. Its nation-wide quality, accounts for the programme to be applicable in all provinces, to all genders, and in all settings – whether rural or urban, with emphasis being on disadvantaged people”.

According to Nzimakwe (2008: 208), the following are some of the accounts that led to the conception and ultimately introduction of EPWP in South Africa: In 1999 unemployment and resulting poverty were identified by the South African government as one of the most significant threats to South Africa's new democracy. In December 2002 the 51st African National Congress (ANC) conference resolved, amongst others, that there should be a large-scale expansion of the use of labour-intensive construction methods to alleviate unemployment in South Africa, and to also be used to address the backlogs of infrastructure in previously disadvantaged communities. Pursuant to the policy conference of the ANC in 2002, the government convened the Growth and Development Summit (GDS) in 2003 which resulted in a number of interventions aimed at reducing poverty and unemployment. The Summit resolved that an EPWP would be established to provide poverty relief through the provision of temporary work for those unemployed. The EPWP was designed to provide participants with training and work experience. The programme was finally launched in May 2004 by the then president of the Republic of South Africa, Mr. Mbeki, in line with the government's "People's Contract for a better Life for all" – an election campaign slogan for the ANC of that year.

An EPWP coordinator explained that there are different opportunities for implementing the programme, through, for instance, the infrastructure, environmental, social and economic sectors.

“In the infrastructure sector for instance, emphasis is on creating additional work opportunities through the introduction of labour-intensive construction methods. The labour-intensive construction methods basically involve the use of an appropriate combination of labour and machines, with a preference for labour where it is technically, and economically feasible as well as being viable, provided that quality is not compromised”

Documentation (Department of Public Works, 2006; Guidelines for the Implementation of Labour-Intensive Infrastructure Projects under the Expanded Public Works Programme (EPWP), 2005; Nzimakwe, 2008; Phillips, 2004) provide further explanations on how work opportunities and training are created within sectors:

5.1.1.1 Infrastructure sector

The infrastructure sector is responsible for increasing the labour intensity of government-funded infrastructure. The infrastructure sector incorporates a large-scale initiative to use labour-intensive methods to upgrade rural and municipal roads, municipal pipelines, and storm-water drains. People living in the vicinity of these infrastructure projects are employed by contractors assigned to carry out the work. The Department of Public Works also arranges access to finance for these learner contractors.

5.1.1.2 Environmental sector

The environmental sector's contribution to the EPWP involves employing people to work on projects to improve their local environments under programmes such as the Department of Agriculture's "Land Care Programme"; the Department of Environmental Affairs and Tourism's "People and Parks", "Sustainable Land-based Livelihoods", "Cleaning up South Africa", "Growing a Tourism Economy Programmes"; and the Department of Water Affairs and Forestry's "Working for Water", and "Fire programmes". A target of 200 000 employment opportunities was set within five years of the launching of the programme.

5.1.1.3 Social Sector

The social sector contributes to the EPWP by employing people through Non-governmental organizations (NGOs), and Community-based organizations (CBOs), to work on projects such as “Home-based Care” and “Early Childhood Development programmes”. These programmes are coordinated by the Departments of Social Development, Health, and Education.

5.1.1.4 Economic Sector

The economic sector develops small businesses and cooperatives, including utilizing general government expenditure on goods and services to provide the work experience component of small enterprise learnership incubation programmes.

The different sectors seem to have multiplier functioning. For instance, apart from the monetary benefits accrued to employees, benefits are also directed towards the improvement and caring of the physical environment – a situation which contributes to improving the people's lives. Social sector also seems to be instilling in people a sense of caring for one another - a spirit of “ubuntu” (humanness). All these elements have possibilities of enhancing assertiveness in people.

5.1.2 Legislation governing the practice of EPWP

Guidelines for the Implementation of Labour-Intensive Infrastructure Projects under the Expanded Public Works Programme (EPWP) (2005: 11) indicate that the employment of temporary workers on all EPWP labour-intensive infrastructure projects must be in accordance with the Code of Good Practice for Employment and Conditions of Employment for Special Public Works Programme (SPWP). The Code is gazetted in terms of section 87(2) of the Basic Conditions of Employment Act, of 1997. The Minister of Labour issued, under section 87(1)(a) of that Act, a Code of Good Practice for Employment Conditions of Work for Special Public Works Programme as set out in the Schedule.

The Code of Good Practice for Employment and Conditions for Special Public Works Programme (Basic Conditions of Employment Act, of 1997: 1-14), specifically provides information pertaining to areas such as: Beneficiaries of EPWP Programmes; Recommended Exclusions; Selection of Workers; Duration of Participation; Forced Labour Prohibitions; Unemployment Insurance; Payment;

Hours of Work; Attendance; Training; Discipline, Dismissal and Termination. In terms of the selection of beneficiaries for the EPWP programmes particular emphasis is placed on the following factors:

- Beneficiaries of the programmes should preferably be non-working individuals from the most vulnerable sections of disadvantaged communities who do not receive any social security pension income.
- To spread the benefits as broadly as possible in the community, a maximum of one person per household should be employed, taking local circumstances into account.
- The local community, through all structures available, must be informed of and consulted about the establishment of any EPWP.
- Preference for the selection of workers must be given to people who come from households where the head of the household has less than a primary school education.
- No person may be employed for more than 24 months within a 5 year cycle, except in circumstances where no other local labour is available.
- Wherever possible, workers should be paid on the basis of tasks performed.
- Every worker has the right to work in a working environment that is safe and without risk to his or her health.
- Every EPWP employer must have a clear training programme in place that strives to equip workers with skills that can be used to secure other employment opportunities (Basic Conditions of Employment Act, 1997: 2-3).

The selection criteria stated above seem geared towards the disadvantaged and towards the vulnerable in particular, as well as inclusive in terms of operational areas.

5.1.3 EPWP achievements

For the North West Province the coordinator indicated that targets which they as a Department of Public Works have been setting for themselves ever since they started implementing the programmes have often been exceeded. Further information pertaining to these achievements is captured in the Budget Speech for

North West Department of Public Works, by the then Minister (Yawa, 2007: 4-5) who indicated that, at provincial level, 21 000 job opportunities were created through EPWP since its launch in 2004. The province is said to have invested R701 million on 417 projects in the social and infrastructure sectors (with a total budgetary value of R962 million), including R86, 2 million in wages paid. The allocation of job opportunities went to all categories of people in the communities, including the youth, women, men, and the disabled.

The then Minister further indicated that a total of 667 EPWP beneficiaries were trained in various skills, such as bricklaying, carpentry, plumbing, plastering, painting, tiling, electrical construction, landscaping, welding, paving, and occupational health and safety. In the rural areas in particular, the EPWP has thus far created more than 600 job opportunities for previously unemployed villagers.

As part of the external evaluation of the EPWP, the General Manager of the Black Business Development - Absa Corporate and Business Bank (Mhambi, 2008)) said that the growth in the programme is phenomenal. ..."Absa is also delighted with the results, to date the EPWP fund has performed very well, with minimal write-offs. The impact of the programme is huge and more and more municipalities are getting involved. ...The majority of learners in the skills training programmes, have shown financial discipline and it is therefore, much easier to obtain financial assistance from a bank or financial institution. They are fully qualified entrepreneurs, with the relevant technical skills and track-records, and will be able to compete in the market place..."

Participants (both men and women) in this study seem not to have benefitted though from the EPWP. Their non-involvement can be seen as a result of a number of factors, such as: lack of assertiveness caused by alcohol consumption in using profitable opportunities afforded to them. Another possibility can be based on the poor to non-marketability of the programme in the province.

5.1.4 Challenges encountered in the EPWP, and suggestions made

Some of the challenges encountered regarding the programmes are that the EPWP provide only temporary relief and do not reach large enough numbers of unemployed people, as one coordinator explained:

“The province as a whole is not yet meeting its EPWP commitments adequately as required by the national government. For instance, the EPWP seem still not widely understood among most stakeholders, and there seem also some misunderstanding of the role of other departments involved - a situation which account for some of these departments and municipalities not implementing their goals. Targets set by some of the departments have also not been clear, thus prohibiting progress. In so far as the targeted beneficiaries are concerned there seem insufficient commitment and cooperation from most people”.

To remedy the situation within the EPWP service delivery, amongst others, a private service provider was commissioned by the provincial government to compile a Business Plan for EPWP. The Business Plan is serving as an EPWP blue print for the province with regard to EPWP implementation including dealing with the identified challenges (Yawa, 2007: 5).

5.2 Liquor Administration

In the North West Province liquor is regulated by the Liquor Board which is housed in the provincial Department of Economic development and Tourism.

5.2.1 Background to the liquor legislation nationally and provincially

A service provider from the Liquor Board provided a brief background to liquor regulation in South Africa:

“Prior to August 2004, provincial liquor authorities regulated all liquor trade in South Africa in terms of the Liquor Act of 1989. In 1998, the Department of Trade and Industry nationally tabled a Liquor Bill to Parliament proposing among others, to change the system of regulation and replace it with a rigid three tier-based liquor regulation system – comprising of the national liquor authority, provincial liquor authorities and local structures. Based on concerns regarding provincial and national competence, the Bill was eventually referred to the Constitutional Court for assessment of its constitutionality”.

According to the National Liquor Authority Information Circular (2006: 1), the Constitutional Court found certain aspects of the Bill to be unconstitutional. The Court ruled that the national government of Trade and Industry (**dti**) has not succeeded in justifying its intervention in so far as the regulation of retail sale and micro-manufacturing of liquor was concerned. The Court ruled that the **dti** did, however, make a case in justifying its intervention in creating national systems of registration for manufacturers and distribution of liquor.

It was on the basis of the Constitutional Court ruling that the **dti** acquired legislative and regulation competence over macro-manufacturing and distribution. Provinces acquired exclusive legislative and regulation competence over micro manufacturing and retail sale of liquor. After extensive consultation with all relevant stakeholders, the Liquor Act 59 of 2003 was promulgated on the 13 August 2004. The Act repealed the 1989 Liquor Act only in those provinces that have not enacted and promulgated their provincial legislation. To date, only Gauteng and Mpumalanga have promulgated their provincial legislations. In other words the 1989 Act remains in force in all the other provinces including in the North West Province, only in respect of the regulation of micro manufacturing and retail sale of liquor and methylated spirits (National Liquor Authority Information Circular, 2006: 1).

5.2.2 Present liquor legislation nationally and in the province

According to one of the employees at the North West Liquor Board, new National Liquor Authority (NLA), housed in the Consumer and Corporate Regulation Division of the **dti**, is responsible for the administration of the Liquor Act 59 of 2003. The key aspect of the new Act is aptly explained by the employee as follows:

“The key emphasis of the new Act is centred on social responsibility. Those wishing to register their liquor licenses must set out their commitment to black economic empowerment, and their proposed contribution to combating alcohol abuse, as well as how they will promote job creation, exports, competition, new entrants to the industry and efficiency of operation. Failure to meet these commitments can result in a review, sometimes even to a cancellation of one’s liquor registration”.

The issue on black economic empowerment is further articulated by the Minister for Finance and Economic Development in the North West during a Local Enterprise Task System Small Business Seminar (Africa, 2005:3-4): "... the proposed law would in the main encourage black economic empowerment, as it would seek to facilitate the entry of genuine traders into the formal economy. Two possible opportunities would arise with historically disadvantaged traders being able to engage in distribution and also be able to buy from distributors, because the proposed law says you can't sell to unlicensed liquor traders. Through these legislative interventions we would also make it compulsory for liquor licensees to undergo training particularly in relation to social responsibilities..."

According to the Department of Trade and Industry (2007:2), the Liquor Act 59 of 2003, clearly stipulates the following as prohibitions in terms of its liquor regulation of public alcohol outlets. According to the Liquor Act of 2003 it is an offence to:

- manufacture or distribute liquor if not permitted to do so in terms of the Act;
- employ a person who is not yet 16 years old, unless such employment meets the provisions of the Skills Development Act;
- supply liquor or methylated spirits to an employee in lieu of payment (or deduct from employees' wages or remuneration any amount relating to the costs of liquor or methylated spirits supplied to or purchased by them or other person on their behalf);
- advertise Liquor in a false or misleading way;
- advertise liquor in a way that intends to target or attract minors (under the age of 18 years);
- make a false claim about age to buy or obtain liquor, if a person is a minor (likewise, other persons may not make false claims about the minor's age in order to induce someone to sell or supply liquor to the minor).

The stated prohibitions above seem not coupled by clear monitoring and evaluation mechanisms – a situation which might compromise the issue of compliance.

5.2.3 Applications for a liquor licences and guidelines for liquor licence holders with regard to responsible trading

The service provider at the Liquor Board indicated that the North West Department of Economic Development and Tourism has completed its Liquor Policy draft which is intended to inform the new Provincial Liquor Act. As further explained in the Budget Speech of the Minister of the North West Department of Economic Development and Tourism (Africa, 2008: 15), the new law in place now gives more clarity and guidance in regulating, amongst others, liquor administration institutional arrangements; liquor trading hours; location of liquor outlets; the sale and supply of liquor at service stations; liquor abuse; and education awareness.

The service provider explains the present operations as follows:

“In the meantime whilst we are awaiting the finalization of the new Provincial Act, our applications for liquor licenses, and guidelines for liquor license holders with regard to responsible trading, are still in terms of section 19 of the Liquor Act 27 of 1989”.

Provincial “Guidelines on How to apply for a Liquor Licence” (1989) stipulates steps to be followed (see Annexure 23). On the other hand the “Provincial Guidelines for Liquor Licence Holders with regard to Responsible Trading” (1989), also provide information with regard to: Responsibility of every liquor licence holder; Trading hours; Display of licences on the licensed premises; Offences in terms of the Liquor Act; and Closed days (see Annexure 24)

5.2.4 Achievements recorded by the liquor administration in the North West Province

A service provider in the Liquor Board indicated one of their greatest achievements as that of having completed their Liquor Policy draft which is intended to inform the new Provincial Liquor Act. Also, apart from their success in managing to encourage liquor outlet traders to register their businesses, some of the other achievements are the launching of their annual provincial Liquor Month, which is set to be in January of each year. As further indicated:

“During the month of January, as the board we create the necessary awareness around the abuse of liquor by some members

of the society as well as on the issue of non-compliance with stipulated rules and regulations by some licensed traders. Our campaigns are mostly attended by representatives from the National Liquor Regulators Forum (NLF), Provincial Liquor Associations, United Breweries (UNB), South African Breweries (SAB), and the Police Services (SAPS) – thus being representative”.

Other achievements of the Department of Economic Development and Tourism are that they are conducting trade inspections at supermarkets, general dealers and liquor outlets regularly – expecting to ensure 90% business community compliance rate with the Liquor Act 27 of 1989. In order to achieve this compliance rate, the department has decided to conduct unannounced visits to these premises. Those found to be non-compliant are brought to book (Africa, 2006: 30-31).

5.2.5 Challenges encountered by the Liquor administration, and suggestions on how to deal with these challenges

The Liquor Board service provider indicated that with regard to liquor administration, their main challenges range from non-compliance with legislation by liquor traders to lack of cooperation between various arms of state. The service provider indicated that in order to try to address some of these challenges, they intend to host a “Regulatory Lekgotla” – a form of seminar, with relevant stakeholders in the liquor business, wherein suggestions will be sought, bearing in mind the impact the liquor industry has on the province’s economy. There also seems to be a need to decentralize liquor licensing administration, for ease of public access, although the adjudication is still to be kept with the Liquor Board.

5.3 South African Police Service (SAPS)

The South African Police Service renders protective services to communities in the North West Province.

5.3.1 Background to the introduction of the White Paper on Transforming Public Service Delivery (WPTPS) - 1997

The White Paper on Transforming Public Service Delivery (1997) serves as a blueprint for SAPS in terms of improving the efficiency and effectiveness on the way

in which services are delivered. The Constitution of South Africa stipulates that public administration should adhere to a number of principles, including that:

- a high standard of professional ethics be promoted and maintained;
- services be provided impartially, fairly, equitably without bias;
- resources be utilized efficiently, economically and effectively;
- people's needs be responded to;
- the public be encouraged to participate in policy making, and that services rendered are to be accountable, transparent and development-oriented.

Services within the public administration as a whole, including within SAPS, are enshrined within the "Batho Pele" (People first) policy framework consisting of eight service delivery principles derived from the policy goals and set out in chapter 11 of the WPTPS, as:

- **Consultation:** Citizens should be consulted about the level and quality of the public services they receive and, whenever possible, should be given a choice regarding the services that are offered;
- **Service standard:** Citizens should be told what level and quality of public services they will receive so that they are aware of what to expect;
- **Access:** All citizens should have equal access to the services to which they are entitled;
- **Courtesy:** Citizens should be treated with courtesy and consideration;
- **Information:** Citizens should be given full accurate information about services they are entitled to receive;
- **Openness and transparency:** Citizens should be told how national and provincial departments are run, how much they cost, and who is in charge;
- **Redress:** If the promised standard of service is not delivered, citizens should be offered an apology, a full explanation;
- **Value for money:** Public services should be provided economically and efficiently in order to give citizens the best possible value for money (White Paper on Transforming Public Service Delivery, 1997: 6-12).

One of the officers indicated that whereas the WPTPS is a broad policy that governs them, the South African Police Act (68 of 1995) is specific and provides for the establishment of the SAPS Code of Ethics (see Addendum 5). The code provides guidelines to individual police officers as to what is expected of them from an ethical point of view. Members of the police are duty-bound to comply with the code by responding to victims of any type of abuse with respect. They have to listen to, and inform the complainants of the options they have without insulting or blaming them. The officer further highlighted the rights of victims that are to be respected, as follows:

“When reporting any form of abuse encountered, the victim has the right to report the incident in the language of their choice, and to also provide their statement in private. As an investigating officer one is expected to assess the sensitivity of the case, and based on the preliminary findings hold the interviews in one of our victim support rooms that are victim friendly and homely – in line with the SAPS Victim’s Charter Implementation plan. We are bound to provide the complainant with feedback regarding the status of their case. Should the police officer be rude, disrespectful, or even fails to handle the case properly, complainants are entitled to report the matter to the Station Commissioner at the relevant police station. Subsequently other available reporting options are to the Area Commissioner, or to the Independent Complaints Directorate (ICD). Alternatively one can also phone the SAPS Service Evaluation to report poor service.”

5.3.2 Regulations for the South African Police Services

The officer explained that the Minister for Safety and Security has under section 24(1) of the South African Police Service Act, 68 of 1995 made further regulations governing the SAPS employees. Regarding their dealing with the public:

“As employees we are expected to serve the public in an unbiased and impartial manner in order to enhance confidence in the service and public. The types of questions we pose are to be professional, polite and reasonable in such a way that the people we serve do not

end up being abused for another time. From time to time we are even reminded that members of the public are our customers who are entitled to receive high standards of service”

In the case of unsatisfactory performance the regulations indicate that remedial or developmental services are to be provided to members, before disciplinary action (which is the last option) can be instituted. The type of remedial services can be in the form of skills training, which can be performed either in-house or members can be sent for training to institutions accredited at the South African Qualifications Authority. Another branch of support provided to members of SAPS is in the form of Employee Assistance Service (EAS), as one officer explains:

“SAPS operate from a premise that members are the most valuable assets in their employ. For that reason an EAS programme is set in place. The programme contributes in enhancing the well being of members, by serving their spiritual, emotional and social needs, through the assistance of qualified spiritual workers, psychologists, and social workers employed by SAPS. Some of the services of EAS include: stress management, healthy lifestyles, positive living, self management, colleague sensitivity, personal financial management, life skills, trauma debriefing, suicide prevention, stress management, ethics and anti-corruption workshops, HIV/AIDS and disability management. Such services are offered voluntarily, and providers of such services are guided in their service delivery by their professional ethics, which emphasize among others respect, and adherence to principles such as: confidentiality and non-judgmental attitude”.

5.3.3 Achievements made

The police officer pointed out that, based on the cooperation they seem to be receiving from the public, perpetrators of crime, particularly crime related to sexual assault and rape, have been apprehended, leading to a decrease in the occurrence of sexual assault and rape cases. For instance the SAPS Crime Information Analysis Centre for the period 2004/2005 recorded an increase of 0.6% in the number of reported rape cases in the North West Province. Whereas for the period

2006/7, a decrease of between 3.0% and 8.7% was recorded (South African Police Service Crime Information Analysis Centre, 2008: i). There also seems to be a gradual increase in the usage of the EAS programme by members of the police.

5.3.4 Challenges confronted with and recommendations made

The main challenge confronted by SAPS in their service points ranged from reported cases that are frequently cancelled by the victims. These are mostly rape cases reported by women as victims. The frequent changing of statements by complainants also poses another challenge, which reflects in inconsistencies, working mostly in the favour of perpetrators. The officers recommended the intensification of awareness campaigns regarding the Service Charter for victims in South Africa. Emphasis is to be placed on the “Right to protection”.

With regard to the usage of the EAS programme the officer indicated an under-utilization of the programme by most members of the police. Most members (men in particular) seem not able to open up about their personal challenges. Recommendations are that the EAS be outsourced and be offered by private professionals from a neutral venue – a situation which might afford those willing to utilize such services some space and privacy.

5.4 Social services

Comprehensive social services in the North West Province are offered mainly by the Department of Social Development through partnership with other provincial Departments and organs of civil society such as Non-Governmental Organizations (NGOs), and Community-Based Organizations (CBOs). Services include (but are not limited to) provision of victim support: Trauma counselling, Mediation/Restoration programmes, Pre trial assessments, Para-legal services, Provision of shelters for the abused, Information and referral to their services (Fourth Draft of the Integrated Victim Empowerment Policy, 2007: 25).

5.4.1 Weekend working for social workers

The social work manager indicated that the acute shortage of service professional remain their biggest challenges to meet the increasing demand for developmental services. Hence the implementation of the recruitment and retention strategy for social workers, part of which is to improve the quality of social services and the

working conditions. The manager further explained that because of this shortage, weekend working seems not even to be on their agenda. In case of emergencies, especially pertaining to assault cases, the police serve the purpose. However, specialized social work services are offered every day, including over weekends, for rape victims and are offered under the Thuthuzela Care Centres.

5.4.2 Background to the establishment of Thuthuzela Centres

“Thuthuzela” – a Xhosa word meaning comfort, represents a radical approach to rape care management that is producing excellent results for South Africa in the communities across the country that have one of them. One of the elements that set the Thuthuzela Care Centres apart is the offering of social work services alongside other services, especially over weekends – periods during which most of the sexual assaults are committed against women and children in various communities. Thuthuzela Care Centres are one-stop facilities that have been introduced as a critical part of South Africa’s anti-rape strategy, aiming to reduce secondary trauma for the victim, improve conviction rates and reduce the cycle time for finalizing cases.

The Thuthuzela project is led by the National Prosecuting Authority’s Sexual Offences and Community Affairs (SOCA) in partnership with various donors as a response to the urgent need for an integrated strategy for prevention, response and support for rape victims at a time when there is a need for such services. The centres are managed by a top level inter-departmental team comprising Justice, Health, Education, Treasury, Correctional Services, Safety and Security, Local Government, Home Affairs, Social Development and designated civil society. In the North West Province the Thuthuzela Care Centre is situated at the Mafikeng provincial hospital, which has been serving as a premier pilot project since 2004 (Unicef South Africa – HIV and AIDS – Thuthuzela Care Centres, 2008: 1).

An intake worker at the Thuthuzela Centre explained her services as follows:

“I deal mainly with women who are sexually assaulted. On arrival I welcome and comfort the victim. I then explain how the medical examination will be conducted and what clothing might be taken for evidence. Victims are then expected to sign a consent form that allows the doctor to conduct the medical examination. In the same

building there will be an investigating officer who then interviews the victim about what actually led to the assault. Counseling services are either offered by the social worker or a qualified nurse counselor. Medications for sexually transmitted infections such as HIV and AIDS are then administered. After assessing the situation with the team we either help in transporting the victim home or to a crises centre. During subsequent visits trial dates are then communicated to the victim. Any member of the team whose services are wanted on the day on which he or she might not be on duty such an employee is summoned to report for duty – meaning that they remain on call. What therefore stands out in terms of our services is the availability of specialized social work services over weekends”

5.4.3 Guiding principles underpinning victim empowerment services

The social worker pointed out that the guiding principles of the Integrated Victim Empowerment Policy (IVEP) that inform their service delivery are enshrined within the principles of “Ubuntu” and “Batho Pele”, and entails the following:

- **Empowerment:** Victims are to be provided with an enabling environment, opportunities to use and build their own support networks, and act on their own choices and sense of responsibility. As a basis, empowerment is defined as having control, having a say, and being listened to and being recognized and respected as an individual (moving from victim to survivor).
- **Human dignity:** Victims are to be respected as unique human beings, afforded privacy, and have their decisions respected without judgment in relation to the circumstances of victimization.
- **Participation and self determination:** Victims are to be given the opportunity to participate in activities and processes that are aimed at their empowerment. In addition, victims should be actively involved in all or any of the stages of the intervention process, according to their individual need or desire.

- **Accountability, effectiveness, and efficiency:** Service providers who intervene with victims and perpetrators of crime and violence should be responsible for the delivery of appropriate, efficient and quality services.
- **Restorative Justice:** The approach to services within Victim Empowerment should focus on restorative justice. The perpetrator should be held accountable for his/her actions, where possible should make amends to the victim. This approach is based on the understanding of crime as an act against the victim, family and the community. It advocates for more active involvement in the justice process by victims and community. It is also aimed at holding offenders directly accountable to the people whose rights are violated and at restoring the loss and harm suffered by the victim. It provides an opportunity for mediation, dialogue, negotiation and problem solving which could lead to healing, a greater sense of safety and enhanced offender reintegration into the community. Restorative theory is based on the premise that what truly empowers a victim is the acknowledgement by the offender of the harm that has been done and the recognition of the victim's needs (Fourth Draft of the Integrated Victim Empowerment Policy, 2007: 6-8).

5.4.4 Achievements in the Thuthuzela Centres

The key informant from the centre indicated that their services are impacting on the communities positively:

“Generally people that we have rendered services to have indicated their satisfaction. The Thuthuzela model has also improved the process of reporting and prosecuting rape and other sexual offence cases. Secondary victimization that people used to complain about is reduced in that the entire process takes place in a highly victim friendly environment and the services are also carried out by professionally trained personnel”

UNICEF South Africa - HIV and AIDS Thuthuzela Care Centre (2008: 3) also reports that, based on the Thuthuzela model, there has been a dramatic drop in the time spent to investigate, prosecute and convict perpetrators – formerly from approximately 3-5 years, to less than 6 months.

5.4.5 Challenges encountered and suggestions made

The Thuthuzela Care Centre staff indicated to be challenged by mainly the increased numbers of child victims. There is thus a need for trained child friendly care-givers to receive and comfort children before they go for various types of examinations. Another challenge is that these Thuthuzela Care Centres are not yet implemented country wide and the ones in existence are not adequately used because they are not yet known. An intensive marketing strategy is being devised, together with a recommendation for the establishment of more Thuthuzela Care Centres.

5.5 Men's empowerment

South African Men's Action Group North West (SAMAG) is a non-governmental organization, operating in the North West Province. SAMAG mainly serves as a pressure group for men united in the fight for genuine men's rights and aspirations.

5.5.1 Background to the South African Men's Action Group North West (SAMAG)

SAMAG was established in January 2004 by a group of men and women who have realized that men in South Africa have problems, which most men, including the wider population, tend to somewhat ignore. SAMAG envisaged being a mass-based men's movement which will be vocal on all societal ills affecting men.

SAMAG-NW is currently establishing men forums around the province that are prepared to register as official members. It has also forged partnerships with the South African Non-Governmental Commission (SANGOCO), Office on the Status of Women (North West), Commission on Gender Equality (CGE), Men as partners (MAP), Office on the Status of Women (North West), Life line (North West), some Local AIDS Councils, and some Government Departments such as Health, Social development, Education, and Trade and Industry (South African Men's Action Group Bulletin, 2008: 1). As one of the administrators further explained:

"As a civil society group working in partnership with the government and some non-governmental organizations, we are seeking to change men's attitude towards women, and to actively mobilize them to be involved in fighting violence against women. We believe

that as a lot of attention through policies, services, and programmes are being centred on the empowerment of women, most men in a way are feeling marginalized and left out, and are bitter. It is therefore our firm believe that men should create a platform from where they will be able to express themselves and be heard, be able to deal not only with issues pertaining to socio-political challenges but move away from lamenting and brooding that other people are to blame. There is a need for their positive reaffirmation”

5.5.2 SAMAG North West Programmes

Some of the services of SAMAG mainly relevant to men are executed through the following programs:

5.5.2.1 Human Rights

SAMAG has an advocacy programme called ‘Lore” Men in Action. The programme entails capacitating men to deliver a strong message to mainly other men that violence against women is totally unacceptable and to offer support to those who need it. It is a Victim Empowerment programme on gender violence, particularly domestic violence that aims to increase men’s participation in being vocal against this type of violence.

5.5.2.2 Mentorship

Aims at creating an environment in which young men who do not have male role models in their lives are linked with men acting as their mentors. The trained mentors per district offer support to the respective district teams with issues relating to interpersonal skills, information processes, motivation and analytical capacity.

5.5.2.3 Prevention of Parent to Child Transmission (PPTCT)

This programme attempts to make Voluntary Counselling and Testing (VCT) more inclusive (with men involved) by increasing awareness, and by trying to address in their awareness campaigns the fears and concerns of men. Information sharing sessions are organized for men where they discuss their roles in PPTCT and in antenatal clinics, fatherhood, reproductive health, gender imbalances and the role of culture and religion. Professionals from the different fields and sectors are invited to

address men from time to time (South African Men's Action Group Bulletin, 2008: 3-4).

The administrator provided the following clarifications:

"Much as SAMAG is geared towards mobilizing men and dealing with men's issues, women where necessary are also involved, in order to balance viewpoints. The women's involvement is limited however and is mainly in the form of presenters and as partners of the men participants. As a preventive approach, we are also presently engaged in a pilot project at three high schools in the North West province, where we want to ascertain from young people (both males and females) issues they are battling with about their fathers, which are affecting their functioning in life as a whole. This pilot project, is being undertaken in collaboration with social workers from the Department of Social Development"

5.5.3 Policy governing service delivery

The Provincial Implementation Plan for the Service Charter for Victims of Crime (2008/2009) informs the service delivery at SAMAG. Emphasis is particularly on trying to implement the "Minimum standards for Service Delivery in Victim Empowerment" as stipulated by the Department of Social Development. Service providers and participants in the different programmes at SAMAG are provided with information on what is expected of them when rendering services to people, including to the victims of crime and violence, involving both men and women. Proficiency, professionalism, and respect of the person are upper most important in service delivery.

Service providers are to ensure that people they deal with are treated with courtesy, that they are respected as unique human beings, and that their confidentiality is assured and respected. Services are also to be rendered in the people's home language where possible (National Implementation Plan Service Charter for Victims of Crime, 2007: 98-99).

5.5.4 Achievements

As indicated by the coordinator, apart from SAMAG being successfully registered as a Non-profitable Organization (NPO) and therefore being a provincial entity, this organization has also hitherto trained 420 Community Counsellors on “Post Exposure Prophylaxis” (PEP) – which mainly entails capacitating them on the management and provision of guidelines of sexual assault, and a further 220 health workers on Voluntary Counselling and Testing within the North West Province. The training also encompasses the counselling of rape survivors on the risk of using anti-retroviral as preventative drugs, so that they could make an informed choice. Momentum in the involvement of projects and programme is steadily increasing.

“Our records show that on average 600 men are capacitated per month in the entire province on various programmes. From the evaluation of records on programmes offered, men participants seem to prefer fellow men as presenters and as facilitators of focus groups, over and above women”.

5.5.5 Challenges and suggestions

The main challenge reported by SAMAG entails the non-enthusiasm of men from both rural and urban communities. As the administrator explained:

“There are still stereotypes present within most men. For example some still are of the opinion that non-governmental projects, including counselling services, are only directed at and are relevant to women. Most men also do not freely open up and talk about their fears and about issues that confront them. Some men are also very angry and therefore difficult to work with, based on their formed opinion that the government seems to favour women and ultimately cause conflict within families. We would therefore endeavour to raise more money in order to make inroads to other areas in the province that are still not yet reached”.

6. DISCUSSION

The provided information forms part of the discussions based on the analysis of the identified service networks:

A significant contribution to employment creation and poverty alleviation by government is coordinated by the provincial Department of Public Works, through the EPWP. The key informants explained the provision of work through the EPWP as an attempt of providing bread on the table of people who would otherwise not be able to do that for themselves because of lack of skills. Focus is particularly on the previously disadvantaged, who are presently unemployed, are unskilled adults, and whose households are without any means of financial support. Much as emphasis is placed on the temporary nature of the EPWPs, the key informants indicated that sustainability of income seems ensured through the element of training included for employees. This means that employees whose contracts come to an end can start their own businesses based on the skills acquired through training. Concurring with Phillips (2004), economically efficient EPWPs can provide jobs to people and simultaneously provide public service, and also increase people's dignity – an absence of which has contributed in people drinking alcohol for assertiveness.

The Code of Good Practice which serves as a policy framework clearly stipulates, amongst others, that relevant community-based organizations be consulted regarding the selection of employees. In terms of ensuring efficient functioning of the EPWPs concerted efforts by other governmental departments are also required – elements which indicate that employment creation is not only the responsibility of one sector, but others as well.

There are, however, limitations to the functioning of the EPWP. Its temporary nature accounts for the EPWP to serve more as a relief strategy than a solution to the unemployment problem in the province and in South Africa as a whole. Its apparent small-scale nature also accounts for its inability to absorb large numbers of people who are unemployed. There also seems lack of commitment from other stakeholders within government and in civil society who tend to view the EPWPs as the sole responsibility of the Department of Public Works and that of the government in particular.

This study further indicated that liquor in the North West Province is regulated by the Liquor Board, which is housed in the provincial Department of Economic Development and Tourism. What is evident in the study is that the new Liquor Act 59 of 2003, which came into operation in 2004 in South Africa, repealed the Liquor Act 27 of 1989. From this new Liquor Act, each province is expected to formulate its

Provincial Liquor policy. The Key informants pointed out to the fact that the drafted Provincial Liquor policy is not yet operational in the North West Province, as a result the Liquor Act of 1989 still applies. This old act seems to create a serious challenge as it does not cater for shebeens, which are in the increase in the province. No monitoring and evaluation mechanisms seem to be present in ensuring the apparent non-compliance to regulations by liquor traders in the province.

According to the Key informants, applications for liquor trading licences also seem to be approved solely on the basis of applicants having met the technical requirements, which exclude factors such as the capacity of liquor outlets the area in question can accommodate, and the objections of ordinary community members – expected to lodge these in a government gazette – an impossibility especially considering the high illiteracy level in the province (see Chapter 2).

Achievements by the provincial Liquor Board seem to be measured, amongst others, by the revenue received and the number of jobs created based on the strategy by government of “Black Economic Empowerment”- an apparent downplay to the fact that alcohol abuse costs the South African state more than R9 billion per year (see Chapter 4) and is placing a major burden on the country’s health and its economic and social well-being (Rataemane & Rataemane, 2006: 374).

The year 2009 in South Africa also saw the introduction of the Prevention of and Treatment for Substance Abuse Act of 2008. The Act addresses both alcohol and drugs – herewith referred to as substances holistically. Major areas of emphasis in the Act are: Combating of substance abuse; Strategies and principles for demand and harm reduction; Prevention and early intervention services; Community-based services; In-patient and out-patient services; Aftercare and reintegration services; Admission, transfer and referral to treatment centres; Disciplinary intervention and appeal procedure; and Central drug authority and supporting structures. Central to all the major areas of emphasis are its guiding principles for provision of services, which are that all services rendered to persons affected by substance abuse must be provided in an environment that:

- Recognizes the educational, social, cultural, economic, physical needs of such persons;

- Ensures and promotes access to information regarding the prevention of substance abuse;
- Promotes the prevention of exploitation of such persons;
- Promotes the respect for the person, human dignity and privacy of service users and persons affected by substance abuse;
- Prevents stigmatisation of service users;
- Promotes the participation of service users and persons affected by substance abuse in decision-making processes regarding their needs and requirements (Prevention of and Treatment for Substance Abuse Act of 2008: 1 5-16).

The new Act cannot yet be evaluated because of its recent introduction. However, at face value the problems of substance abuse which include alcohol seem comprehensively dealt with. The Act seems person-centred, as well as proactive and not reactionary in its approach.

The study further indicates that policies within the South African Police Service ensuring efficient, effective, and sensitive service delivery are in place in the province. In case of unsatisfactory performance by some members, remedial and developmental services are offered to a member in need of such. One such service is the Employee Assistance Service (EAS). Though the EAS is meant to enhance the well-being of members by serving their spiritual, emotional and social needs, this service seems not maximally utilized. The fact that service providers of EAS are equally police women and men contributes towards other members questioning whether they do adhere to the principle of confidentiality, or whether they do disclose confidential information when asked by management.

Specialized services by social workers are offered throughout the week, including over weekends within the Thuthuzela Care Centres. Services are offered with other professionals and contribute to the integrated approach. The approach adopted in these care centres to sexually assaulted victims is one of respect, comfort, restoring dignity and ensuring justice for children, women and men. Though effective, the Thuthuzela Care Centres are still not introduced in other areas of the province. Marketing of the approach also seems not adequately done – a fact which accounts for its minimal usage.

From the study it is clear that the South African Men's Action Group is a pressure group for men by men, united to deal with men's issues including being involved in the empowerment process of women. SAMAG seems to serve as an example of how non-governmental organizations can complement the services by government. It mainly encourages men to reclaim, to reconstruct, and to re-identify their fatherhood, brotherhood, and their dignity, and in the process respect the rights of other gender groupings – in line with Chapter 2 of the South African Constitution, dealing with Basic Human Rights. Lack of funds by this action group including dealing with patriarchal stereotypes entrenched over a period of time seem a challenge.

It might also be mentioned that there seem to have been gaps in the methodology employed, especially pertaining to the type of questions posed. Respondents mostly provided superficial data which was not critical regarding their services. Participants and data sources seem to create the right and near perfect impressions of their organizations, which might not necessarily be the case. This paragraph is an attempt to be self critical about the possible limitation in the methodology and the fact that key informants created the right impression.

7. CONCLUSION

In conclusion, based on the presented findings, the following recommendations are made for intervention:

- There is a need to dispel through education the tendency by other government departments who tend to view EPWP as a department of Public Works programme rather than a programme initiated and spearheaded by government desiring the involvement of all. It is equally imperative to deal with the false belief within people generally that job creation is the government's responsibility.
- Evaluation and monitoring mechanisms ensuring compliance to liquor regulations be put in place in the province.
- In order to ensure the maximum utilization of EAS within the Police, outsourcing such services can serve as an alternative measure – thus operating from a neutral venue.

- There is a need to increase the number of Thuthuzela Care Centres in South Africa in general, and in the North West Province in particular.
- Funding is to be made available to non-governmental organizations, especially those that seem to be dealing with identified gaps of governmental departments.

Overall, different service networks in the North West Province have policies in place and render services dealing with job creation, liquor regulation, police service which ensures that ethics are adhered to, specialized services by social workers daily, including over weekends, and services dealing with the empowerment of men.

Though gaps have been identified in service delivery, and in the methodology employed recommendations and suggestions made can contribute to improving such services. Improved services coupled with a change in behaviour of some service providers have possibilities in maximizing service usage - thus instilling hope in the consumers of such services, including victims and perpetrators of alcohol-induced violence.

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CHAPTER 7

SUMMARY, EVALUATION, CONCLUSIONS, IMPLICATIONS AND RECOMMENDATIONS

1. INTRODUCTION

It would be appropriate to end this thesis by providing a summary and an evaluation of the entire study. Conclusions are thereafter drawn, followed by implications and recommendations.

2. SUMMARY

This study forms part of a larger study under the Focus Area of Alcohol - FA 20060411 00003, which extends over a period of five years (2007-2012), within the Africa Unit for Transdisciplinary Health Research (AUPHeR), in the Faculty of Health Science at the North-West University, Potchefstroom Campus. The general aim of the larger study is to gain a better understanding of alcohol consumption patterns and the causes and consequences of binge drinking among South Africans. In line with the specific aim of the larger study, this study focussed on binge drinking and interpersonal violence in the North West Province. This research is also linked to the Prospective Urban and Rural Epidemiological (PURE) study – both of which are focus areas within AUPHeR. The PURE study is a prospective cohort study that tracks changing lifestyles, risk factors and chronic disease over a period of 12 years, using periodic standardized data collection in many countries in transition. The PURE study provided baseline data for Chapter 5 in this research study, and also made reference to additional sub and auxiliary studies such as alcohol and violence, areas that have been investigated in depth in this research.

Whilst the link between binge drinking and interpersonal violence is well established and documented, paucity of researched information focusing on the nature of the link was identified as a problem area. The identified problem pointed to a need for a theoretical study which was accomplished by means of a literature review. Consequently an empirical investigation was reported.

3. EVALUATION

3.1 In terms of the study's strength

This study bears unique features that set it apart from other studies such as:

- **Inclusivity**

The study is inclusive in terms of: **Gender** - Both male and female respondents qualified for inclusion in this study. The views of men as perpetrators of interpersonal violence against women, including those of women as victims, have been solicited and presented qualitatively; **Geographical distribution** - Encompassed within the findings of the present study also are the rural, urban and informal settlement perspectives; **Alcohol drinking patterns** – The views of binge drinkers and those of non-binge drinkers formed part of the study.

- **Methodological triangulation**

Various methods of data collection were used in this study, based on their complementary roles. As a result validity and reliability were enhanced. For instance, observation was used in order to gain a deeper insight into and understanding of the phenomenon binge drinking and interpersonal violence at and around different public alcohol-drinking places. The observation activity encompassed all five senses, those of hearing, touching, smelling, seeing and tasting. The findings from the observational study were validated informally through member checking. This is where one verifies understanding of what was observed regarding those observed.

Focus groups served the purpose of enabling participants to build on each others' ideas and comments, to provide an in-depth view not attainable from individual interviews. In-depth interviews enabled the researcher to see the world through the eyes of the participants, and to obtain rich descriptive data which helped in understanding the participants' construction of knowledge and social reality. Thereafter key informants were used, based on their ability to provide valuable knowledge that can lead to a better understanding of a setting under study. In addition the key informants were also used to identify emerging themes in the interview process, based on their insight into the subject matter. Lastly a study of documents was done to further enhance information obtained from the key

informants. A combination of these different research methods presented a more rounded picture of the situation and of people's behaviour.

- **Qualitative nature of the study**

The type of approach used generated information that is very detailed. Participants were allowed to narrate their stories, of which the paraphrased statements were used to further substantiate the information gathered. These statements were often coupled with elaborated probes to obtain a full picture of the situation.

- **Language used**

The researcher spoke the indigenous language of the participants which is "Setswana" – knowledge of this language ensured that valuable and rich information as presented by the participants was not lost, as can happen in the translation process.

- **The study the first of its kind**

This study is apparently the first of its kind in the demarcated area (Bophirima and the Southern regions of the North West Province), and in South Africa as a whole.

Additional strengths of this study are the following:

- Chapter 3, as an article, is submitted for peer review and publication in the South African Journal of Clinical Nutrition.
- A presentation proposal based on Chapter 4 was accepted and presented for an international conference on Violence in Public Places, held at the University of Central Lancashire, Preston – United Kingdom, on the 25th -27th June 2009.

3.2 Limitation of the study

The following are limitations of the study:

- **Small sample size:** The small sample size used for focus groups, in-depth interviews, and key informants makes generalization impossible.
- **Bias in observation:** Observation as a method of data collection as used in this study (chapter 4) was not amenable to address a wide range of issues such as the reason why people displayed certain characteristics or mannerisms. Assumptions arrived at might not present a true picture of the practical situation.

- **Applicability:** This study is not applicable to the whole North West Province of South Africa. Therefore, it is not possible to propose guidelines for a nationwide strategy and programme.
- **Bias in the key informant interviews:** There seem to have been gaps in the methodology employed with key informant interviews (Chapter 6), especially pertaining to the type of apparently subjective and leading questions posed. Respondents mostly provided superficial data which was not critical regarding their services. Participants and data sources seem to have created the right and near perfect impressions of their organizations, which might not necessarily portray a true reflection of the organizations.

Nevertheless, the strengths of this research study, far out-weights its limitations.

4. CONCLUSION

4.1 The link between binge drinking and interpersonal violence

The first objective of this research was to determine the link between binge drinking and interpersonal violence. This objective was achieved by means of a literature review. The concepts binge drinking and interpersonal violence were comprehensively defined, with a description of the link between the two phenomena. An ecological model was used to provide a conceptual framework for understanding risk factors for different types of violence, including alcohol-related violence.

It is concluded that, while binge drinking and interpersonal violence co-occurs, there is no conclusive evidence that binge drinking causes interpersonal violence. Existing research points to an association only together with an increased risk of interpersonal violence when both the perpetrator and victim have been drinking. The ecological model demonstrates that violent behaviour grows from a complex interplay of individual, relational, communal and societal dynamics. Finally, much as the ecological model has attempted to provide a holistic analysis of the various factors contributing to alcohol-induced violence against others from different spheres, these different spheres of influence can equally be beneficial in bringing about change. The type of change envisaged can be structural and attitudinal, manifesting in a multidisciplinary and multi-sectoral approach.

4.2 The social aspects of alcohol misuse and abuse in South-Africa

The second objective of this research was to investigate the social aspects of alcohol misuse and abuse in South Africa. Literature was systematically reviewed in order to understand the social aspects of alcohol abuse in the wider context of the South African country. It is concluded that alcohol abuse is caused by a multiplicity of factors and does pose a threat to the quality of life of many South Africans, manifesting in detrimental public health effects, including negative socio-economic effects. An urgent need is thus identified to re-dress existing liquor policies and available strategies used to deal with the scourge of alcohol. Conclusively, there is a need by policy makers to weigh the scientific findings that demonstrate the health benefits due to moderate consumption of alcohol.

4.3 The factors contributing to binge drinking and interpersonal violence at and around different public alcohol-drinking outlets

The third objective of the research was to determine factors contributing to binge drinking and interpersonal violence at and around different public alcohol-drinking places. Following an observational study, the factors contributing to binge drinking and interpersonal violence were explored at and around different alcohol-drinking outlets. The exterior and interior environments of the public alcohol-drinking outlets were observed. The alcohol-drinking outlets are categorised into night clubs, shebeens, and taverns. The investigation produced the following main points:

- Proximity and density: Neighbourhoods with a higher density of alcohol-drinking outlets tend to display public disorder and a higher alcohol accessibility and availability.
- Poor management of alcohol outlets manifests in poorly maintained premises and facilities, posing a health hazard and physical danger to patrons.
- Marketing strategies used especially during off-peak periods are aggressive and irresponsible, in terms of aggravating binge drinking and interpersonal violence.
- Security systems used seem ineffective and confrontational; thus causing more violence than dealing with it.

- Shebeen owners (queens) tend to use child labour in running their liquor businesses, thus exposing them to physical danger and to the danger of alcohol intake.
- Sales strategies used tend to encourage up-selling of alcohol beverages, often leading to higher alcohol consumption levels, and to committing sexual assault after drinking.

It is concluded that, incongruence exists between existing liquor policies, including guidelines to liquor licence holders with regard to responsible trading, and to poor management of these outlets, manifesting in irresponsible trading.

4.4 The factors that precipitate and maintain interpersonal violence inflicted by binge drinkers

The fourth objective was to determine factors that precipitate and maintain interpersonal violence inflicted by binge drinkers. Participants were selected from the Prospective Urban and Rural Epidemiological (PURE) study. Paraphrased narratives of binge drinkers and of non-binge drinkers were analysed qualitatively. The results of the analysis revealed the following as precipitating and maintenance factors:

- A culture of drinking: This culture seems propagated by socio-economic and cultural factors. Participants drink alcohol for four reasons – for social motives, as a cultural practice and a cultural belief, for coping motives, and for enhancement motives.
- A culture of violence: Men seem violent prior to consuming alcohol and violence seems to be a learned behaviour. The different types of violence seem perpetrated by men in both public and private settings, with sexual assault taking the lead, especially after a drinking session.
- A culture of expectations and entitlement: Women are expected by most men in this study to be submissive and to fulfil traditional gender roles – those of caring and child rearing. Women are also expected to forego their assertiveness. In terms of entitlement, most men seem to believe they are entitled to sexual favours and conjugal rights by virtue of having paid for those services in both public and private settings. Most women seem defiant to these expectations,

resulting in gender role transgressions, binge drinking and more violence perpetrated against them.

- Challenged traditional gender roles: Traditionally prescribed roles for men are being challenged and defied by women through the drinking of alcohol in public, the practising of women's rights, and an increasing employment of women compared to men – facilitating women's control over their lives and behaviour, including their resources.

These findings necessitated further investigation of different service networks regarding their services in terms of job creation, liquor licensing, non-adherence to ethics, and unavailability at work over weekends by some service providers, and for services regarding the empowerment of men by men.

4.5 The service delivery networks and policies in the North West Province

The fifth objective of the research study was to investigate service delivery network and policies in the North West Province. This study was executed against the background of the findings from the study as reported by men binge drinkers and their female partners.

Following a critical analysis of service delivery networks in the North West Province by interviewing key informants and the study of documents, it is concluded that, notwithstanding gaps in service delivery, the province has policies in place and renders services dealing with job creation, liquor regulation, police services which ensure that ethics are adhered to, specialized services for sexually assaulted victims by social workers on daily basis, including over weekends, and services dealing with the empowerment of men. An improvement in service delivery, coupled with a change in behaviour of some service providers has possibilities of maximizing service usage; thus instilling hope in consumers of such services, including in victims and perpetrators of alcohol-induced violence.

4.6 A strategy and programme to deal with the problems of binge drinking and interpersonal violence in the demarcated areas of the North West province

The sixth and last objective was to formulate a strategy and programme in order to deal with the problems of binge drinking and interpersonal violence in the

demarcated areas of the North West province. An attempt was made to formulate an action programme to prevent, manage and reduce the effects of alcohol and interpersonal violence in the demarcated areas of the North West province.

4.7 The theoretical framework of the study

The ecological practice perspective used provides a conceptual framework for understanding the risk factors for different types of violence, including alcohol-related violence. This approach integrates several different perspectives on interpersonal violence particularly against women, suggesting the need for a multi-sectoral and multi-disciplinary approach. The ecological practice perspective was also used to help understand a wide range of environmental factors that can increase a person's risk of being either a perpetrator or a victim of alcohol-related violence, suggesting that the relationship between people and their environment is not linear but circular..

4.8 The theoretical statement

The basic theoretical statement has been confirmed and accepted, since insight into the service delivery networks has made it possible for the identification of gaps in service delivery that contribute to binge drinking and interpersonal violence in the North West Province.

4.9 Regarding the research aim

The aim of this research, which was to examine the phenomenon of binge drinking in relation to interpersonal violence, so that an integrated and coherent strategy and programme that will address alcohol problems in South Africa be formulated, has been achieved, through the following implications:

5. IMPLICATIONS

The implications for practice, policy and theory for contributing towards a coherent strategy and programme of reducing, managing and preventing alcohol-induced violence in the demarcated areas of the North West province, are presented against the background of the provided conclusions and evaluation made in the study

5.1 Practice and Policy

In terms of practice and policy the following serve as implications, and are based on the principles of the ecological practice perspective:

- **A broad based framework**

Since the alcohol scourge affects a wide spectrum of people directly and indirectly, there is a need for a broad based framework, informed by the multi-sectoral and multidisciplinary nature of the ecological practice perspective. In practical terms this will entail the identification and involvement of a wide range of stakeholders, from governmental sectors, non-governmental organizations, the business sector, liquor regulators (both provincially and nationally), to the civil society – encompassing Community-Based Organizations (CBOs), Faith-Based Organizations (FBOs), and existing traditional structures. This wide range participation will be towards the development of comprehensive local policies and actions plans, which will facilitate broad contributions and clarify responsibilities of the different partners, sectors, and stakeholders. Consistency is to be fundamental for effective implementation and reinforcement of such policies. The identified stakeholders can be three-tiered in terms of unions, community and liquor 'traders' forums, including the liquor regulators and representatives of whom can constitute a liquor Board. This liquor Board which is inclusive of all relevant structures can be divided into a governing and an advisory section, bearing the responsibilities of constructing a Code of ethics - to govern the behaviour of liquor traders, and a Code of conduct – to regulate the behaviour of patrons at different public liquor outlets for on-consumption purposes. Coordination of this broad based participation can be the responsibility of social workers.

- **Consistency of the programme for action**

The identified stakeholders are also to address, within a more structured programme, the causes and effects of alcohol abuse, including the risk factors for alcohol-induced interpersonal violence, to their constituencies, preferably within their wellness programme – commonly part of the Employee Assistance Service/Programme, including conducting awareness campaigns to the wider communities. The unemployed can be reached through existing community structures such as traditional leaders, ward councillors, and unions, etc. Central to

any education initiative is the goal of capacity building, aimed at enabling people to take ownership and control of processes around their lives, including those of others, and to centre on issues of: prevention, treatment, and rehabilitation. Social workers can render protective services, and to work in close collaboration with the police and the medical personnel. Private and personal recognition of alcohol-related harm in the personal lives of people, and in the community as a way of providing active participation in policy matters, can be considered.

- **Strengthening and an enforcement of social responsibly**

Bearing in mind the strength of “ubuntu” – humanness, inherent in most South Africans, social responsibility can be addressed to not solely be centred on job creation within the liquor industry by liquor licensees, but to be borne by structures such as: the government – in terms of job creation, including the vigorous marketing of its Expanded Public Works Programme to the community members, provision of recreational facilities in communities where there are none, including inculcating in people through different formal and informal educational programmes entrepreneurial culture; the liquor business – by ensuring that their liquor businesses including those around them operate within the confines of the law; the business sector - in creating other job opportunities, and financially supporting existing small scale businesses; civil society - in terms of willingness to undergo skills training that will enable them to start their own businesses.

- **Improved management of public liquor outlets**

In terms of the management of public alcohol-drinking places, tailor made training courses can be offered to emerging entrepreneurs entering the liquor trade. Emphasis can particularly be placed on: conflict management, management of equipments and facilities, usage of responsible marketing strategies which are non-aggressive and are responsible, usage of effective security system, including prohibitions to child labour. Training offered is to be SAQA compliant, and can also be offered in any of the eleven indigenous South African languages.

- **Decentralization of services**

By operating where licences are needed, licence regulators can obtain firsthand information regarding the capacity the area in question can accommodate, including whether the premises meet the legal requirements.

- **Assessments at multiple levels including the micro level**

A systematic monitoring and evaluation mechanism that is culturally sensitive and provincially specific is to be put in place at micro or local level to ensure compliance of liquor traders with the alcohol policy.

- **Diversity as a cornerstone of change**

To prevent the monopoly of one gender grouping in the ownership of liquor licensed outlets, a quota system that is gender sensitive can be put into operation, and based on the following guiding principles of UNESCO's approach to Gender Mainstreaming:

- Recognition: That gender issues permeate all aspects of life.
- Diversity: The acknowledgement that policies, programmes, projects, and different practices affect women and men differently. These differences vary in terms of class, age, belief, ethnicity, disability, etc.
- Equality and respect: Gender equality requires the knowledge that equality does not mean sameness, but rather the promotion of justice and respect, with the elimination of sexist stereotypes and discrimination.
- Partnership: Empowering women does not have to exclude men. It should be about establishing partnership between men and women that aims at empowering both genders (UNESCO's Gender Mainstreaming Implementation Framework for 2002-2003, 2003:9).

- **Marketing of protective services**

The services of social workers, of the police, and of those in the health field should be marketed by the identified stakeholders to increase the probability of usage by community members – thus limiting alcohol-induced violence risk factors.

- **Promotion of public health**

The involvement and training of health-care personnel can increase early detection of problems related to alcohol-induced violence, thus preventing the development of other more serious situations. Unregistered manufacturers of traditional alcohol are to undergo training to be registered and certified. The process is to be followed by

regular inspection of the manufacturing process to ensure compliance with set health standards.

- **Identification of licensed liquor businesses**

For easy identification of licensed liquor businesses from unlicensed ones, there is a need for a display of an identification board outside such premises, bearing the full identification of the business, followed by a record book bearing the full profile of such licensed liquor outlets. The record book can be kept by the provincial Liquor Board, and made accessible for inspection by legally appointed inspectors, whenever there is a need for such.

- **Displaying of licences, Code of Ethics, and the Code of Conduct**

During the trading hours of liquor businesses all relevant licences are to be displayed, for compliance by traders, and patrons.

- **The roles of the South African Police Service and the Department of Social Development**

The Department of Social Development can be tasked with the responsibility of coordinating the services of all identified stakeholders involved in dealing with the problem of alcohol-induced violence. Social service providers can also be expected to execute their services of curbing alcohol-induced violence in a coordinated, multipronged way that includes legal, health, and socio-economic factors. Emphasis in their service delivery should particularly be centred on strategies of prevention, early intervention, treatment, and rehabilitation. With the South African Police service, emphasis should be on crime prevention, and on law enforcement which ensures compliance with existing Liquor regulations.

5.2 In terms of theory

The following are implied regarding the theoretical knowledge within the social work discipline.

- Social work as a discipline seem to be in need of a theoretical approach that will enable the profession to effectively explain the causes of alcohol-induced violence against women in the South African context, including coming up with culturally sensitive preventive, treatment and rehabilitative strategies.

- The ecological practice perspective, the social learning theory, biological determinism, and social constructivism can serve as a springboard within which the alcohol abuse and interpersonal violence can be pursued and debated for the development of intervention guidelines.
- Its existing developmental approach can provide a platform from which both perpetrators and victims of alcohol-induced interpersonal violence can be identified holistically.

6. RECOMMENDATIONS FOR FURTHER RESEARCH

Based on the findings of this research it is recommended that the following areas be further researched:

- A national survey be conducted on binge drinking and interpersonal violence in order to get a bigger picture of the situation in South Africa.
- The views of liquor traders at different alcohol-drinking outlets, including those of patrons, are to be explored regarding factors contributing to binge drinking and interpersonal violence at and around different public alcohol-drinking outlets.
- Since it is established in the present study that violence is a learned behaviour, there is a need for research on mechanisms that can be employed to un-learn this behaviour.
- Practices preventing and eliminating the sale of liquor to minors can be explored.
- How responsible trading by liquor traders can be enhanced.
- How sexual assault at public drinking places can be eliminated.

7. SUMMARY STATEMENT

The study contributed in pointing out the link between binge drinking and interpersonal violence. This link is not linear by circular meaning that there are other factors to be considered for intervention. Through the theoretical perspective, based on the ecological model, groundwork was laid for understanding people holistically, including understanding risk factors for alcohol-induced violence. Owing to the fact that there are precipitating and maintenance factors to the alcohol-violence link a

need for structural intervention was identified. Analyses of service delivery networks led to a discovery of gaps in service provision. It is hoped that these findings will enrich the discipline of social work in its dealing with the problem of alcohol abuse and interpersonal violence.

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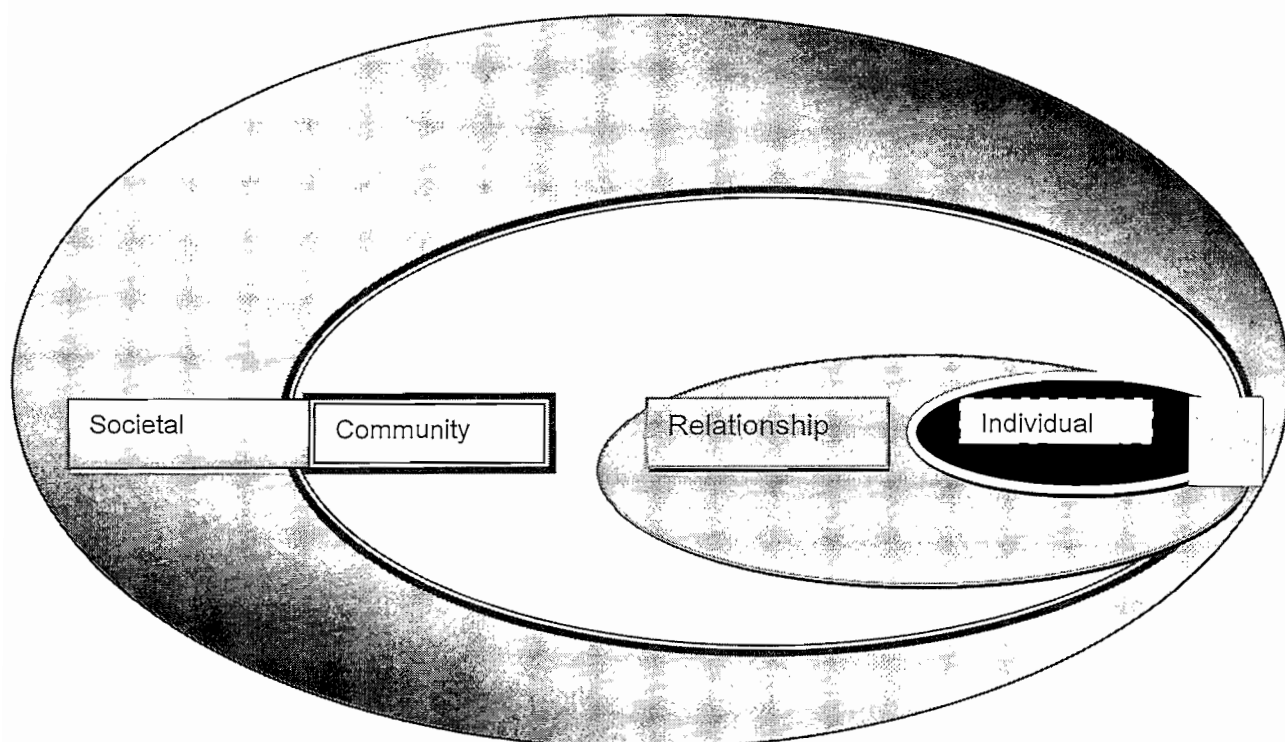
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ANNEXURE 1

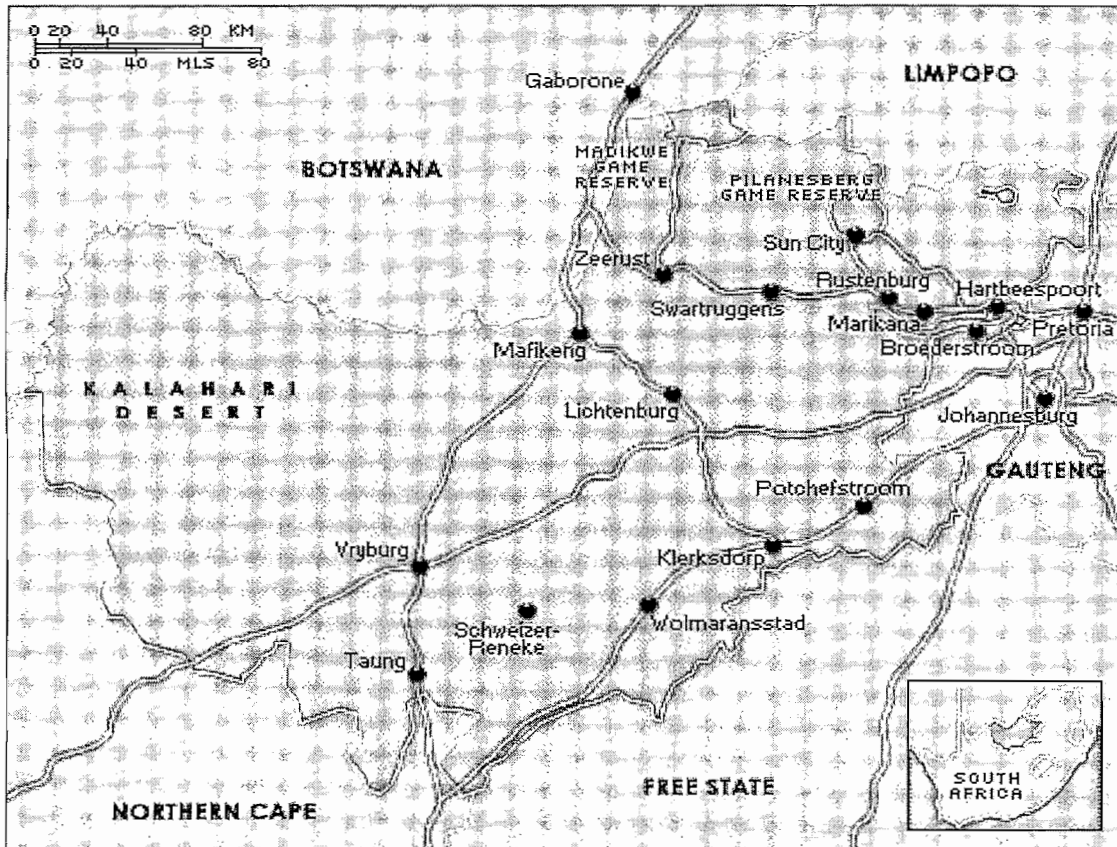
THE ECOLOGICAL PRACTICE FRAMEWORK FOR UNDERSTANDING ALCOHOL-INDUCED VIOLENCE



Source: Alcohol and Interpersonal Violence Policy Briefing, 2005:4.

ANNEXURE 2

MAP OF THE NORTH-WEST PROVINCE



Source: www.sacarrental.com/north-westprovince-map.htm.

ANNEXURE 3

BRIEF PROFILE OF THE NORTH WEST PROVINCE

CAPITAL	MAFIKENG	
PRINCIPLAL LANGUAGES	Setswana Afrikaans IsiXhosa	65,4% 7,5% 5,8%
POPULATION	3 823 900 (Mid-Year Estimates, 2007).	
AREA (KM ²)	116 320.	
% OF TOTAL AREA	9,5%	
GDPR AT CURRENT PRICES	R81 442 Million (2005).	
% OF TOTAL GDP	6,5%	
CONSUMER PRICE INDEX (CPI – 2005)	128,8%	
ALCOHOL CONSUMPTION RANG AS IN 2004/5	34ℓ – 68ℓ per capita.	
HIGH RISK GROUPS OF ALCOHOL ABUSE	Young people aged 12-18 years from alcohol dependent households/parents.	

Sources: SANCA National Annual Report, 2004/2005; Stats in brief, 2007; The Land and its People, 2007.

ANNEXURE 4

SUMMARY OF THE DATA COLLECTION METHODS USED, REFLECTING PARTICIPANTS, MODE OF DATA COLLECTION, AND PROCEDURE

DATA COLLECTION METHOD	PARTICIPANTS	MODE OF DATA COLLECTION	PROCEDURE
Observation	Of people at and around public alcohol drinking outlets such as: Shebeens, Taverns and Night clubs.	Guideline/Schedule for unstructured observation	Observation in day and night time, 4 hours per visit.
Focus group discussions.	<ul style="list-style-type: none"> • Male binge drinkers. • Intimate partners of the male binge drinkers. 	Discussion guide-topics.	The discussions were facilitated by the researcher, and information/data was transcribed verbatim.
In-depth interviews.	<ul style="list-style-type: none"> • Male binge drinkers. • Women binge drinkers. 	Interview guide.	Face to face and confidential.
Key informant interviews & Analysis of documents.	Service providers from the provincial Departments of: <ul style="list-style-type: none"> • Social Development & Health • South African Police Services • Public works • Economic Development and Tourism, and from • The South African Men's Action Group North West. 	Interview guide.	Face to face and confidential.

Adapted from: Morojele *et al.*, 2006

ANNEXURE 5

GUIDELINE/SCHEDULE FOR UNSTRUCTURED OBSERVATIONS

1. INTERIOR ENVIRONMENT
Location of alcohol drinking outlet;
Influence of the alcohol drinking outlet on the neighbourhood;
Observable facilities of the alcohol drinking outlet (such as parking);
Number of alcohol drinking outlets per street/neighbourhood.
2. EXTERIOR ENVIRONMENT
Basic Information: Type of alcohol drinking outlet; Time of visit; Day of visit; Duration of visit.
Security: Availability; Attitude displayed; Effectiveness; Existence of safety rules; How violent behaviour is prevented and managed.
Patrons: Gender; Age group; alcohol consumption patterns; Type of alcohol served.
Characteristics of premises: Space; Seating availability and arrangements; Ventilation; Maintenance of place and equipment; Days and times of discounted alcoholic drinks; lighting; Colour of wall painting; Type of music and pitch; Permissiveness of deviant behaviour such as: serving of alcohol to the under aged, serving of alcohol to those already intoxicated, allowing swearing and overt sexual activity; times of operation; ownership of the alcohol drinking outlet.

ANNEXURE 6

FOCUS GROUP DISCUSSION GUIDE FOR MEN BINGE DRINKERS AND THEIR WOMEN PARTNERS

- Why do some people drink alcohol excessively and others not?
- Which factors encourage violence against women in a domestic setting and in a public setting?
- Are perpetrators of alcohol-induced violence, violent prior to consuming alcohol?
- What type of measures can be instituted to counter the binge drinking-violence phenomenon?

ANNEXURE 7

IN-DEPTH INTERVIEW GUIDE FOR THE BINGE DRINKERS

Men binge drinkers

- What is your impression of women who consume alcohol?
- What are the men's reasons for drinking alcohol?
- What are your victimizing experiences?
- What are the behaviours that influence risk for women victimization in a domestic setting and public setting?
- What are your support networks?

Women binge drinkers

- What are the women's reasons for drinking alcohol?
- What are your personal victimization experiences?
- What are the behaviours that contribute to risk for women victimization in a domestic setting and a public setting?
- How do victims of alcohol induced violence cope?
- What are your support networks?

ANNEXURE 8

INTERVIEW GUIDE FOR THE KEY INFORMANTS

- What are your services and policies in the North West province, in relation to: employment creation (Department of Public Works); alcohol administration (Department of Economic Development and Tourism); dealing with the insensitive treatment of victims of alcohol-induced violence and of their reports by some members of the South African Police Services (SAPS); dealing with the unavailability of social workers on duty over weekends (Department of Social Development & Health); men's empowerment (South African Men's Action Group North West)?
- What is the background to the introduction and/or implementation of these services?
- What are your achievements (impact) based on these services and/or policies?
- What are the challenges faced in service delivery, and plans to deal with these?

ANNEXURE 9

SAMPLE OF A LETTER WRITTEN TO THE “GATE KEEPERS” AND OR MANAGERS AT THE PROVINCIAL DEPARTMENTS OF: SOCIAL DEVELOPMENT, SOUTH AFRICAN POLICE SERVICE, ECONOMIC DEVELOPMENT AND TOURISM, PUBLIC WORKS, AND THE SOUTH AFRICAN MEN’S ACTION GROUP NORTH WEST, ON “BINGE DRINKING AND INTERPERSONAL VIOLENCE”

Dear

I am a registered PhD (Social work) student at the North-West University (Potchefstroom Campus). In fulfilment of my PhD (SW) degree, I am engaged in a research study on “Binge drinking and interpersonal violence”.

The aim of the research is to investigate the phenomenon of binge drinking in relation to interpersonal violence, so that guidelines for an integrated, and coherent strategy and programme that will address alcohol problems be formulated in the North West province.

It is against this background, that I would be grateful to be granted permission to interview social service providers in your organization, about some of the services you render, which are related to binge drinking and interpersonal violence.

The duration of the interview will be \pm 55 minutes, and will be conducted with minimal disruptions. All the research ethics, those of: anonymity, confidentiality and respect, to mention a few will be adhered to, moreover because I am guided by my professional ethics and those of the North-West University, where I am registered as a student.

Sincerely

.....

N. G. Phetlho-Thekisho (Me)

Researcher

ANNEXURE 10

SAMPLE OF A LETTER DIRECTED TO THE MAYOR – POTCHEFSTROOM LOCAL MUNICIPALITY AND THE BAROLONG BOO TLOU LE TAU BA GA LETLHOGILE TRADITIONAL COUNCIL, “ON BINGE DRINKING AND INTERPERSONAL VIOLENCE”

Dear.....

I wish to introduce myself as Nomonde Geraldine Phetlho-Thekisho, an employee at in the Department of I am presently engaged in a research study on “Binge drinking and interpersonal violence, in the North West province. The research is in fulfilment of my PhD degree at the North-West University, Potchefstroom campus. The demarcated regions for the research are the Bophirima and the Southern regions, which include areas such as: Ganyesa, Tlaskgameng, Ikageng, Potchefstroom, and Sonderwater.

Factors contributing to binge drinking and interpersonal violence will be observed at some of the alcohol drinking outlets in the community. The exterior environment and the interior environment of the alcohol drinking outlets will be unobtrusively observed.

Focus group discussions, as well as in-depth interviews involving some men and women binge drinkers, including the partners of the men binge drinkers will be selected for inclusion in the investigation.

This letter serves to humbly ask for permission from your office to conduct this research in the designated areas which are under your jurisdiction. All the relevant research ethics those of respect, and confidentiality, to mention a few will be adhered to.

Thanking you

Sincerely

.....

N G Phetlho-Thekisho (Me)

Researcher

ANNEXURE 11

A SAMPLE OF A LETTER TO THE FIELD WORK ASSISTANTS, ON BINGE DRINKING AND INTERPERSONAL VIOLENCE”

Dear

As you would know, I am currently engaged in a research study on “Binge drinking and interpersonal violence”. This research extends the PURE study in which you were actively involved as field work assistants.

I need your assistance in locating binge drinkers and their partners from the physical addresses as indicated in the PURE study.

Your task will also be required to arrange for a community meeting with the selected people where the research aims and procedures will be explained. Thereafter it would be expected from you to arrange a suitable place such as a community hall, from where focus group discussions will be conducted. With in-depth interviews, these will be conducted in private, at the residences of the participants. You will also be required to help in identifying such earmarked residences.

Looking forward to working with you.

Regards

.....

The researcher

Ms N.G. Phetlho-Thekisho.

ANNEXURE 12

ETHICS APPROVAL OF PROJECT



NORTH-WEST UNIVERSITY
YUNIBESITHI YA BOKONE-BOPHIRIMA
NOORDWES-UNIVERSITEIT

Private Bag X6001, Potchefstroom
South Africa 2520

Tel: (018) 299-4900
Faks: (018) 299-4910
Web: <http://www.nwu.ac.za>

Ethics Committee

Tel +27 18 299 2542
Fax +27 18 2935329
Email Ethics@nwu.ac.za

Prof H H Vorster

26 February 2008

Dear Prof Vorster

ETHICS APPROVAL OF PROJECT

The North-West University Ethics Committee (NWU-EC) hereby approves your project as indicated below. This implies that the NWU-EC grants its permission that, provided the special conditions specified below are met and pending any other authorisation that may be necessary, the project may be initiated, using the ethics number below.

Project title: The relationship between binge drinking and interpersonal violence :
A social perspective

**Ethics
number:**

N	W	U	-	0	0	0	4	7	-	0	7	-	S	7
Institution				Project Number						Year		Status		

Status: S = Submission; R = Re-Submission; P = Provisional Authorisation; A = Authorisation

Approval date: 26 February 2008

Expiry date: 25 February 2013

Special conditions of the approval (if any): None

General conditions:

While this ethics approval is subject to all declarations, undertakings and agreements incorporated and signed in the application form, please note the following:

- The project leader (principle investigator) must report in the prescribed format to the NWU-EC:
 - annually (or as otherwise requested) on the progress of the project,
 - without any delay in case of any adverse event (or any matter that interrupts sound ethical principles) during the course of the project.
- The approval applies strictly to the protocol as stipulated in the application form. Would any changes to the protocol be deemed necessary during the course of the project, the project leader must apply for approval of these changes at the NWU-EC. Would there be deviated from the project protocol without the necessary approval of such changes, the ethics approval is immediately and automatically forfeited.
- The date of approval indicates the first date that the project may be started. Would the project have to continue after the expiry date, a new application must be made to the NWU-EC and new approval received before or on the expiry date.
- In the interest of ethical responsibility the NWU-EC retains the right to:
 - request access to any information or data at any time during the course or after completion of the project;
 - withdraw or postpone approval if:
 - any unethical principles or practices of the project are revealed or suspected,
 - it becomes apparent that any relevant information was withheld from the NWU-EC or that information has been false or misrepresented,
 - the required annual report and reporting of adverse events was not done timely and accurately,
 - new institutional rules, national legislation or international conventions deem it necessary.

The Ethics Committee would like to remain at your service as scientist and researcher, and wishes you well with your project. Please do not hesitate to contact the Ethics Committee for any further enquiries or requests for assistance.

Yours sincerely

Prof MMJ Lowes
(*chair NWU Ethics Committee*)

ANNEXURE 13

CONSENT FORMS

- **Focus group interviews/ In-depth interviews**

I the undersigned, hereby consent to:

- Voluntarily participate in the focus group discussions conducted by Me Phetlho-Thekisho, for research purposes.
- Terminate the interview once I start feeling uncomfortable.

Signatures/Thumbprint:

Participant

Researcher

- **Key-informants**

I the undersigned, hereby consent to:

- Voluntarily participate in this research on "binge drinking and interpersonal violence", conducted by Me Phetlho-Thekisho.
- Terminate the interview once I start feeling uncomfortable.

Signatures:

Participant

Researcher.....

- **Consent form for Focus group interviews/In-depth interviews in the Setswana language**

Foromo ya tumelo ya baba botsotswang ka tsenelelo/ya dipotsotherisano tsa setlhopha se se tsepameng

Nna, yo ke saenneng fa tlase, ke dumela:

- Gotsaya karolo ka go ithaopa mo dipuisanong tsa setlhopha se se tsepameng/ se se botsotswang ka tsenelelo, se tsamaisiwa ke Mme Phetlho-Thekisho.
- Go dirisiwa ga segatisamantswe.

- Go khutlisa ditherisano ka gangwe fela fa ke simolola go sa nnisege kgotsa go tlhobaela.

Tshaeno/Kgatisamonwana:

Motsayakarolo

Mmatlisisi.....

ANNEXURE 14

SOUTH AFRICAN JOURNAL OF CLINICAL NUTRITION AUTHOR INSTRUCTIONS

All manuscripts and correspondence to:

The Editor

African Journal of Clinical Nutrition

Private Bag X 1

Pinelands 7430 (CT)

- **COPYRIGHT**

Material submitted for publication in the South African Journal of Clinical Nutrition (SAJCN) is accepted provided it has not been published elsewhere. Copyright forms will be sent with acknowledgement of receipt and the SAJCN reserves copyright of the material published. The SAJCN does not hold itself responsible for statements made by authors.

- **AUTHORSHIP**

All named authors must give consent to publication. Authorship should be based only on substantial contribution to: (i) conception, design, analysis, and interpretation of data; (ii) drafting the article or revising it critically for important intellectual content; (iii) final approval of the version to be published. All three of these conditions must be met (Uniform requirements for manuscripts submitted to biomedical journals; www.icmje.org/index.html).

- **CONFLICT OF INTEREST**

Authors must declare all sources of support for the research and any association with the product or subject that may constitute conflict of interest

- **PROTECTION OF PATIENT'S RIGHTS TO PRIVACY**

Identifying information should not be published in written descriptions, photographs, and pedigrees unless the information is essential for scientific purposes and the patient (or parent or guardian) gives informed written consent for publication. Informed consent for this purpose requires that the patient be shown the manuscript to be published. (www.icmje.org)

- **ETHNIC CLASSIFICATION**

Work that is based on or contains reference to ethnic classification must indicate the rationale for this.

- **MANUSCRIPTS**

Short items are more likely to appeal to our readers and therefore to be accepted for publication. Please provide a word count for all submissions.

Original articles of 4 000 words or less, with up to 6 tables or illustrations, should normally report observations or research of relevance to the field of nutrition. Reference should preferably be limited to no more than 15.

Short reports or scientific letters, which include case reports, side effects of nutrient supplements/drugs and brief or negative research findings should be 1000 words or less, with 1 table or illustration and no more than 6 references.

Editorials, Opinions, Issues in the field of nutrition, should be about 800 words and are welcome, but unless invited, will be subjected to the SAJCN peer review process.

Review articles are rarely accepted unless invited.

Letters to the editor, if intended for the correspondence column, should be marked "for publication", signed by all authors and presented in triple spacing. Letters should be no longer than 400 words with only one illustration or table.

Obituaries should not exceed 400 words and may be accompanied by a photograph.

- **MANUSCRIPT PREPARATION**

1. Please send your manuscript on disc accompanied by three printouts, in triple spacing, with wide margins and paginated.
2. Research articles should have a structured abstract not exceeding 250 words (50 for short reports) comprising: Objectives, Design, Setting, Subjects, Outcome measures, Results and Conclusions.
3. Refer to articles in recent issues for guidance on the presentation of headings and subheadings.
4. Abbreviations should be spelt out when first used in the text and thereafter used consistently.
5. Scientific measurements should be expressed in SI units except: blood pressure should be given in mmHg and haemoglobin values in g/dl. If in doubt, refer to www.icmje.org/index.html

- **ILLUSTRATIONS**

1. *Figures consist of all material that cannot be set in type, such as photographs and line drawings.*
2. *Tables and legends for illustrations should appear on separate sheets and should be clearly identified.*
3. *Line drawings should be arranged to conserve vertical space. Note that reduction to 80 mm for a single column or 170 mm for double columns should not render lettering illegible. Explanations should be included in the legend and not on the figure itself.*
4. *Figure numbers should be clearly marked on the back of prints and the top of illustrations should be indicated.*
5. *In any tables or illustrations submitted have been published elsewhere, written consent to republication should be obtained by the author from the copyright holder and the author (s).*
6. *A limited number of illustrations are free at the discretion of the editor. Colour illustrations are encouraged but are charged to the author. A quote will be provided on request. Consider sponsorship.*

- **REFERENCES**

References should be inserted in the text as superior numbers and should be listed at the end of the article in numerical and not in alphabetical order. Authors are responsible for verification of reference from the original sources.

Reference should be set out in the Vancouver style and approved abbreviations of journal titles used, consult the list of Journals in Index Medicus for these details.

Names and initials of all authors should be given unless there are more than six, in which case the first three names should be given followed by et al. First and last page numbers should be given.

Journal references should appear thus:

1. *Price NC. Importance of asking about glaucoma. BMJ 1983; 286: 349-350.*

Book reference should be set out as follows:

1. *Jeffcoate N. Principles of Gynaecology. 4th ed. London: Butterworth, 1975: 96-101.*
2. *Weinstein L, Swartz MN. Pathogenic properties of invading microorganisms. In: Sodeman WA jun, Sodeman WA, eds. Pathogenic Physiology: Mechanisms of Disease. Philadelphia: WB Saunders, 1974: 457-472.*

Manuscripts accepted but not yet published can be included as references followed by (in press)

Unpublished observations and personal communications may be cited in the text, but not in the reference list.

- **MANUSCRIPT REVISIONS**

In the event of a manuscript needing revision following the peer review process, all revision changes to the original manuscript should be made using the "track changes" function in Microsoft Word, or in any other such similar format so as to facilitate the speedy completion of the review process. In the event of an "author-reviewer" difference of opinion, the author (s) should state their opinion in writing in the text, which should be bracketed. Revised manuscripts which do not conform to this revision format will be returned to the authors for editing.

Revised manuscripts should be returned to the editorial office within 3 weeks of receipt thereof.

- **GALLERY PROOFS**

Gallery proofs will be forwarded to the author before publications and if not returned within 2 weeks will be regarded as approved. Please note that alterations to typeset articles are costly and will be charged to the authors.

- **CHANGES OF ADDRESS**

Please notify the Editorial Department of any address changes so that proofs and invoices may be mailed without delay.

- **REPRINTS**

An order form for reprints, with a price list, will be sent to the author as soon as an article has been placed.

- **CPD POINTS**

Authors can earn up to 15 CPD points for publishing articles. Certificates will be provided on request after the articles has been published.

ANNEXURE 15

AUTHOR GUIDELINES FOR SOCIAL WORK/MAATSKAPLIKE WERK JOURNAL

The South African journal for social work "Social Work/Maatskaplike Werk" (ISSN – 0037-8054) provides the following guidelines to authors:

The journal publishes articles, short communications, book reviews and commentary on articles already published from any field of social work. Contributions relevant to social work from other disciplines will also be considered. Contributions may be written in English or Afrikaans. All contributions will be critically reviewed by at least two referees on whose advice contributions will be accepted or rejected by the editorial committee. All refereeing is strictly confidential. Manuscripts may be returned to the author if extensive revision is required or if the style or presentation does not conform to the Journal practice. Commentary on articles already published in the Journal must be submitted with appropriate captions, the name(s) and addressees of the author(s) and preferably not to exceed 5 pages. The whole manuscript plus one clear copy as well as a diskette with all the text, preferably in MS Windows (Word or WordPerfect) or ASC11 must be submitted. Manuscripts must be typed double spaced on one side of A4 paper only. Use the Harvard system for references. Short references in the text: When word-for-word quotations, facts or arguments from other sources are cited, the surname(s) of the author(s), year of publication and page number(s) must appear in parenthesis in the text, e.g. "... (Berger 1967: 12). More details about sources referred to in the text should appear at the end of the manuscript under the caption "References". The sources must be arranged alphabetically according to the surname of the authors. Note the use capitals and punctuation marks in the following examples:

TWO AUTHORS: ABELS, P & MURPHY, MJ 1981. Administration in the human services. Englewood Cliffs, New Jersey: Prentice-Hall, Inc.

COLLECTION: CONNORS, TD (ed) 1980. The nonprofit Organization Handbook. New York: McGraw-Hill Book Company.

ARTICLES IN COLLECTION: ALEXANDER, CA 1977. Management of Human Service Organizations. In: TURNER, JB (ed). Encyclopedia of Social Work. (17th ed) Washington: NASW Inc., 844-849.

DOCTORAL THESIS: PIETERSE, JE 1985. Aangehoudendes in werkkolonies: 'n sosiologiese ondersoek. Pretoria: University of Pretoria. (D.Phil.thesis).

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ANNEXURE 16

AUTHOR GUIDELINES FOR SOCIAL SCIENCE & MEDICINE

Two types of contribution are welcomed:

1. **Full papers.** These are original research reports or critical reviews of a field, and may be up to 8000 words including abstract, tables, and references as well as the main text. Papers below this limit are preferred. The editors are prepared to consider longer papers in exceptional cases, though justification for this must be made at submission by the author.
2. **Short items.** These are reports of research findings, commentaries on topical issues of between 2000 and 4000 words.

Submission will be considered on the understanding that:

- the article comprises original, unpublished material (except in the form of a conference abstract or as part of a published lecture or a thesis submitted for an academic qualification).
- the studies on which it is based have been subject to appropriate ethical review.
- It is not under consideration for publication elsewhere.
- Its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out.
- If accepted, it will not be published elsewhere in the same form, in English or in any other language, without the written consent of the Publisher.

Authors are required to confirm the above points during submission.

Manuscript Preparation

General: We accept most word processing formats, but MSWord files are preferred, with all author-identifying text removed. They are acceptable in US or UK English, but the use of either must be consistent throughout the manuscript. Submissions should be double spaced and use between 10 and 12pt font, and any track changes should be removed. The editors reserve the right to adjust style to certain standards of uniformity. Authors should retain an electronic copy of their manuscript

Abstract: An abstract must be included in the submitted manuscript. An abstract is often presented separately from the article, so it must be able to stand alone. It should state briefly and clearly the purpose and setting of the research, the principal findings and major conclusions. Please note that excessive statistical details should be avoided, abbreviations/acronyms used only if essential or firmly established, and that the abstract should not be structured into subsections.

Keywords: Up to 8 keywords are entered separately into the online editorial system (EES) during submission, and should accurately reflect the content of the article. Again abbreviations/acronyms should be used only if essential or firmly established.

Author details: This information is entered into the online editorial system (EES) during submission and should not be included in the manuscript itself

Text: In the main body of the submitted manuscript this order should be followed: abstract, main text, reference, and appendix. Please use a concise and informative title (avoiding abbreviations where possible), as these are often used in information-retrieval systems. During submission authors are asked to provide a word count; this should include all text, including that in the tables, figures, references etc. The use of endnotes and footnotes should be avoided if possible, though if necessary they should be listed separately at the end of the text and not at the bottom of each page. All pages must be numbered in the bottom right-hand.

References: Social Science & Medicine uses the APA referencing system, details of which can be found at

<http://owl.english.purdue.edu/owl/resource/560/05/> and <http://www.apastyle.org/>. All publications cited in the text should be presented in the list of references following the text of the manuscript. In the text refer to the author's name (without initials) and year of publication e.g. "Since Peterson (1993) has shown that ..." For 2-6 authors all authors are to be listed at first citation, with "&" separating the last two authors, for more than six authors, use the first six authors, followed by et al. The list of references should be arranged alphabetically by authors' names. The manuscript should be carefully checked to ensure that the spelling of authors' names and dates are exactly the same in the text as in the reference list. Responsibility for the accuracy of bibliographic citations lies entirely with the author(s).

Tables: Tables should be numbered consecutively and given a suitable caption and if possible provided at the end of the same file as the main text.

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ANNEXURE 17

LIST OF THE RESEARCH TEAM AND THEIR CONTRIBUTIONS TO THIS STUDY

NAME	ROLE IN THE STUDY
Ms N.G Phetlho-Thekisho (PhD candidate)	Writing and compilation of this thesis, which include the collection and analysis of data, presentation of findings, and writing of articles (chapters). First author of 5 articles (Chapter 2, 4, 5, & 6), and co-authored 1 article – Chapter 3 (4 & 5).
Ms B.M.P Setlaltoea (PhD candidate)	First author of an article in this thesis - Chapter 3 (1 & 3).
Dr Pedro Pisa	Co-authored 1 article in this thesis - Chapter 3 (7).
Dr D.T. Loots	Co-authored 1 article in this thesis - Chapter 3 (7).
Dr E.H. Ryke	Promoted the entire thesis and co-authored 1 article in this thesis - Chapter 3 (6 & 7).
Prof H. Strydom	Co-promoted the entire thesis

ANNEXURE 18

ETHICAL AND SAFETY RECOMMENDATIONS FOR DOMESTIC VIOLENCE RESEARCH

- **The safety of respondents and the researcher is paramount, and should infuse all project decisions.**

To enable the respondents to explain the research to others, it may be necessary to frame the research as a study on family relations. The explanation can be used to describe the survey to the community and to other members of the household. Once the respondent and interviewer are alone, further information should be provided to her as part of the consent procedures.

- **Prevalence studies need to build on current research experience about how to minimize the under-reporting of violence**

The extent to which women will discuss their experience of violence is also influenced by the gender, skill and training of the interviewer. Since most violence against women is perpetrated by men, experience to date suggests that respondents feel most comfortable talking about violence with other women. There is thus a need for the careful pre-testing and piloting of the research questions and the importance of monitoring the quality of the study's implementation.

- **Protecting confidentiality is essential to ensuring both safety and data quality of women**

Particular care should be taken during the presentation of the research findings that the information presented is sufficiently aggregated to ensure that no one community or individual can be identified.

- **The study design must include a number of actions aimed at reducing any possible distress caused to the participants by the research**

The interviewer should affirm that no one deserves to be abused, and to inform the respondent of her rights under the law.

Source: Watts et al., 1999: 4.

ANNEXTURE 19

PROFILE OF THE SELECTED MALE BINGE DRINKERS

Nature of community	Marital Status	Education	Employment Status	Age when first consumed alcohol	Frequency of alcohol intake	Volume of intake per drinking session
Urban	Living together	High school	Unemployed	18 yrs	Weekend	1200 ml
	Living together	None	Unemployed	15 yrs	Weekend	1500 ml
	Legally married	Primary	Unemployed	17 yrs	Monthly	1875 ml
	Living together	Primary	Unemployed	19 yrs	Weekend	1500 ml
	Living together	High School	Unemployed	14 yrs	Monthly	9030 ml
	Living together	None	Unemployed	20 yrs	Daily	5000 ml
	Living together	Primary	Part-time employed	16 yrs	Weekend	1500 ml
	Living together	Primary	Casually employed	18 yrs	Weekend	1500 ml
	Living together	None	Employed	17 yrs	Weekend	2250 ml
	Living together	None	Unemployed	20 yrs	Daily	1500 ml
Rural	Customarily married	None	Seasonally employed	19 yrs	Weekend	1590 ml
	Legally married	None	Casually employed	15 yrs	Weekend	4500 ml
	Legally married	None	unemployed	14 yrs	Monthly	2250 ml
	Living together	None	Unemployed	20 yrs	Daily	9660 ml
	Legally married	Primary	Unemployed	14 yrs	Weekend	3000 ml
	Living together	Primary	Unemployed	20 yrs	Weekend	6000 ml
	Living together	None	Employed	15 yrs	Weekend	9000 ml
	Customarily married	None	Unemployed	23 yrs	Weekend	2250 ml
	Living together	None	Seasonally employed	16 yrs	Weekend	1725 ml
	Living together	None	Unemployed	20 yrs	Daily	7500 ml

ANNEXURE 20

PROFILE OF THE SELECTED WOMEN PARTNERS OF MALE BINGE DRINKERS

Nature of community	Marital Status	Education	Employment Status	Age when first consumed alcohol	Frequency of alcohol intake	Volume of intake per drinking session
Urban	Living together	Primary	Unemployed	30 yrs	Weekend	435 ml
	Living together	Primary	Self employed	None	None	None
	Living together	Primary	Unemployed	16 yrs	Monthly	720 ml
	Living together	None	Casually employed	30 yrs	Daily	120 ml
	Living together	Primary	Casually employed	None	None	None
	Living together	None	Unemployed	None	None	None
	Living together	Primary	Employed	18 yrs	Monthly	2025 ml
	Living together	None	Employed	22 yrs	Weekend	1500 ml
	Living together	Primary	Self employed	25 yrs	Weekend	1620 ml
	Living together	Primary	Employed	26 yrs	Weekend	1200 ml
	Living together	Primary	Employed	26 yrs	Weekend	1200 ml
Rural	Customarily married	None	Unemployed	30 yrs	Weekend	1500 ml
	Legally married	Primary	Casually employed	20 yrs	Weekend	1500 ml
	Legally married	None	Unemployed	30 yrs	Weekend	300 ml
	Living together	None	Seasonally employed	26 yrs	Weekend	112 ml
	Legally married	None	Employed	30 yrs	Monthly	670 ml
	Living together	None	Employed	None	None	None
	Living together	Primary	Casually employed	None	None	None
	Customarily married	Primary	Unemployed	36 yrs	Monthly	750 ml
	Living together	None	Self employed	30 yrs	Monthly	210 ml
	Living together	None	Unemployed	29 yrs	Monthly	750 ml
	Living together	None	Unemployed	29 yrs	Monthly	750 ml

ANNEXURE 21

PROFILE OF THE IN-DEPTH INTERVIEWEES – MALE BINGE DRINKERS

Nature of community	Marital Status	Education	Employment	Age when first consumed alcohol	Frequency of alcohol intake	Volume of intake per drinking session
Urban	Living together	Primary	Employed	13 yrs	Weekend	4050 ml
	Living together	High School	Employed	22 yrs	Daily	1800 ml
	Legally married	Primary	Unemployed	18 yrs	Weekend	1245 ml
	Living together	Primary	Casually employed	20 yrs	Weekend	1500 ml
	Living together	None	Unemployed	17 yrs	Weekend	1800 ml
Rural	Living together	Primary	Employed	18 yrs	Weekend	3750 ml
	Legally married	None	Unemployed	16 yrs	Weekend	3375 ml
	Separated	None	Unemployed	20 yrs	Daily	4500 ml
	Living together	None	Unemployed	21 yrs	Daily	1125 ml
	Living together	None	Unemployed	22 yrs	Weekend	1500 ml

ANNEXURE 22

PROFILE OF THE IN-DEPTH INTERVIEWEES - WOMEN BINGE DRINKERS

Nature of community	Marital Status	Education	Employment	Age when first consumed alcohol	Frequency of alcohol intake	Volume of intake per drinking session
Urban	Widowed	Primary	Casually employed	30 yrs	Weekend	2010 ml
	Divorced	Primary	Unemployed	20 yrs	Weekend	750 ml
	Widowed	Primary	Seasonally employed	26 yrs	Weekend	1215 ml
	Living together	None	Casually employed	29 yrs	Weekend	1875 ml
	Separated	None	Unemployed	30 yrs	Daily	1500 ml
Rural	Never married	None	Seasonally employed	26 yrs	Weekend	3750 ml
	Living together	None	Unemployed	30 yrs	Weekly	1500 ml
	Separated	None	Unemployed	21 yrs	Monthly	3000 ml
	Divorced	Primary	Unemployed	29 yrs	Weekly	1125 ml
	Separated	None	Casually employed	27 yrs	Weekend	3375 ml

ANNEXURE 23

GUIDELINES ON: HOW TO APPLY FOR A LIQUOR LICENSE, IN THE NORTH WEST PROVINCE - IN TERMS OF SECTION 19 OF THE LIQUOR ACT 27 OF 1989.

• Step 1.

Advertise your intention to apply for a liquor license by advertising in the Government Gazette, having completed form 2 [Regulation 4(1)];

• Step 2.

Forward form 2 to the Government Printers Advertisement Department at 149 Bosman Street, Pretoria, 0001, or to Private Bag X 85, Pretoria, 0001, three weeks before the first Friday of the month, with R72.60. The following information must be provided in form 2:

- Area in which the liquor business will be located;
- Full names, street or postal address of applicant;
- Kind of liquor to be sold;
- Trade name under which the business is to be conducted and full address of the premises;
- Determination, consent, approval or authority applied for [Regulation 5]

• Step 3.

Complete form 1 [Regulation 3(1)] in triplicate (3 copies) and attach all the relevant supporting documents solicited in the application and go to the Commissioner of Oaths to declare/affirm the information furnished in the application to be true, and thereafter sign the document before him or her. Form 1 must be accompanied by the following information:

- A detailed plan/sketch of the premises;
- A detailed written description of the premises or colour photographs of the premises (if already erected), including non-smoking areas in terms of Tobacco Products Control Amended Act No. 12 of 1999, to which this application relates;
- A detailed written representation/motivation in support of the license applied for, including public interest, proximity to schools, place of worship, clinics/hospital, highways and railway lines;
- Proof of payment of the lodgement fees; and
- Proof of advertisement in the Government Gazette; and
- Any other supporting documents such as:
 - a) Consent from neighbours;
 - b) Tribal Resolution (as the case may be);
 - c) A letter of approval from the Local Municipal Council in respect of rezoning;
 - d) A copy of lease agreement;
 - e) A copy of registration in case of Close Corporation [CK number] or a copy of certificate of registration in case of a company.

• Step 4.

Take the document in step 3 above to the South African Revenue Service (S.A.R.S) or to the First National Bank (FNB) and pay R200.00 lodgement fee in respect of the application for a liquor license. The documents must be stamped and a receipt issued as proof of payment, if payment was made to S.A.R.S, copy of bank deposit if payment was made at FNB.

• Step 5.

Lodge the application (form 1) on the first Friday of the month, with the Magistrate Office under whose jurisdiction the liquor outlet will be located.

• Step 6.

The Magistrate shall forward the application to the Liquor Board secretariat after 42 days, from the date of lodgement.

Objections, petitions or representations

1. In terms of Regulation 7 of the Liquor Act 27 of 1989, any person within 28 days of the lodgement of the application may file/lodge a written objection, petition, or representation with the relevant Magistrate.
2. The objector, petitioner or representative must clearly identify the application concerned, and must provide his or her name, identity number, residential and postal address and telephone number.
3. A detailed objection, petition, or representation in respect of the application must be forwarded to:
 - a) The person who prepared the application; and
 - b) The designated Police Liquor officer of the area.

Police Report

Within 35 days after the lodgement of the application, the designated Police Liquor officer should have lodged his or her written report to the magistrate and copied to the person who prepared the application.

Applicant's Reply

Within 42 days from the date of lodgement of the application, the applicant must submit a written reply to the objections or

the police report.

ANNEXURE 24

LIQUOR LICENSE HOLDERS WITH REGARD TO RESPONSIBLE TRADING IN THE NORTH WEST PROVINCE

<u>RESPONSIBILITY</u> It is the duty and responsibility of every liquor license holder to see to it that he or she or the manager or employee, do comply with all the conditions attached to the license, that must be adhered to at all times. Failure of which constitutes an offence in terms of the Liquor Act.		
<u>TRADING HOURS</u> Licenses issued for on-consumption and off-consumption, the trading hours are as follows:		
Category of Liquor License	Kind/Type of Liquor License	Trading Hours
On-consumption	<ul style="list-style-type: none">- Hotel- Restaurant- Guesthouse- Theatre- Mining Compound- Liquor outlet (such a 02h00 Night club, Tavern, etc.)	10h00-02h00 Monday to Sunday
Off-consumption	<ul style="list-style-type: none">- Liquor Stores- Supermarkets- Producers	08h00-20h00 Monday to Friday (excluding closed days)
	<ul style="list-style-type: none">- Special off-consumption Micro-manufacturer (Micro-brewer)	08h00-17h00 Saturdays. 07h00-22h00 Saturday (excluding closed days).
<u>DISPLAY OF LICENSES ON THE LICENSED PREMISES</u> All licensed premises must have the current license displayed or have it available on the premises in terms of the Regulation 109 of the Liquor Act. A liquor license shall lapse at the end of the specified period on it, and must be renewed on or before that date. Liquor inspectors or designated liquor officers (SAPS) have the power to demand proof of the existence of the liquor license on the licensed premises.		
<u>OFFENCES IN TERMS OF THE LIQUOR ACT</u> It is an offence to: <ul style="list-style-type: none">• Sell liquor without a valid license• Sell liquor to minors/persons under the age of 18 years.• Allow drunkenness or licentious conduct on the licensed premises.• Sell liquor to an intoxicated person or persons.• Allow licensed premises to be used as brothels.• Remain open after the prescribed closing time. Licensed holders must not allow any kind of nuisance such as noise, loud music, public disorder, breaking of bottles, etc, on the licensed premises.		
<u>CLOSED DAYS</u> In terms of the Liquor Act, the following are closed days and must be observed as much by all liquor license holders whose license fall in the category of Off-consumption above, <ul style="list-style-type: none">- Sunday- Good Friday		

- Christmas Day and
- Any day specifically declared so in the Government Gazette.

N.B: On a closed day, a licensed liquor restaurant can only serve liquor to a customer who has ordered a meal.

ANNEXURE 25

SOUTH AFRICAN POLICE SERVICES CODE OF ETHICS

Ethical policing demands that we as employees of the South African Police Service act with integrity and respect for people's diversity and the law, thereby enhancing service excellence to the approval of the public.

As members of the South African Police Service we will perform our duties according to the following principles:

INTEGRITY: Employees of the SAPS regard the truth as being of the utmost importance.

We as employees of the SAPS continually strive to uphold the mission, values, ethical principles and ethical standards of the SAPS. We will behave in a manner, which is consistent with these values. We will act honestly and responsibly in all situations. We will always tell the truth, perform our duties with noble motives and set an example in the communities we serve.

RESPECT FOR DIVERSITY: Employees of the SAPS acknowledge the diversity of the people of our country and treat every person with equal respect.

In performing our duties, we will always show respect for the cultural and other diversities in the community. We will treat every person with equal respect and honour their rights as inhabitants of South Africa. We will not unlawfully discriminate against any person.

OBEDIENCE OF THE LAW: Employees of the SAPS respect and uphold the law at all times.

Our duties mainly involve enforcing the law, and in our application of the law we will always stay within the law and Constitution of our country. We will, at all costs, avoid any conduct which would make us violators of the law. We will protect the inhabitants of South Africa against unlawful actions.

SERVICE EXCELLENCE: Employees of the SAPS work towards service excellence.

We will, at all times, perform our duties to the best of our abilities. Our conduct will bear the mark of professionalism. Our conduct and appearance will be proof of our commitment to service excellence.

PUBLIC APPROVAL: Employees of the SAPS always work with and for the approval of the community.

We will serve the best interest of the community, seeking the approval of the broad community in everything we do.

Source: www.lib.jjay.cuny.edu/cje/html/codes/codes-international/South-Africa/SAPS.html