

AN ANALYSIS ON THE HUMAN SECURITY IMPLICATIONS OF ALCOHOL
ABUSE IN THE NAMIBIAN DEFENCE FORCE (NDF): A CASE STUDY OF 124
BATTALION, KARAS REGION

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Abstract

The research focused on the analysis on the implications of alcohol abuse on human security in Namibian Defence Force (NDF) using a case study of 124 Battalion, Karas Region. The NDF is faced with a problem of alcohol abuse that affects its personnel. The main research question of this study was: what are the human security implications of alcohol abuse in the NDF? The study harnessed insights from the human security approach and social cognitive theory to ground the research. The researcher used the qualitative method as the methodological approach of the study, in which case, interviews and focus group discussions were conducted with forty-four (44) participants. Data was analysed through the thematic approach method. Research findings show that in military, alcohol use is regarded as social norm and as a coping mechanism. The findings of the study show that soldiers who abuse alcohol pose risks to human security in Namibia. The study established that alcohol abuse by soldiers is subversive to national security as soldiers are supposed to be alert at all times, but alcohol makes them inattentive and obtuse. Based on the findings, it is recommended that the management and policy makers of the NDF should carefully plan incentive programmes on the awareness of alcohol abuse and on the impact that alcohol abuse has on soldiers. It was also established that there is a need to provide sufficient social and psychological counselling within the NDF. The study also recommends that recreational facilities be built at the military bases. The research also recommends that the ethical standards be upheld at all times, deterrence rules and regulations be formulated and enforced consistently without discrimination. The study also recommends that NDF should be providing and encouraging alternative activities as well as regulating the availability and conditions of use.

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List of abbreviations and acronyms

ADMP	-	Active Duty Military Personnel
AUD	-	Alcohol Use Disorder
CDF	-	Chief of Defence Force
CORD	-	Coalition on Responsible Drinking
DoD	-	Department of Defence
FGDs	-	Focus Group Discussions
MOD	-	Ministry of Defence
NCOs	-	Non-Commissioned Officers
NDF	-	Namibia Defence Forces
PLAN	-	People's Liberation Army of Namibia
SCT	-	Social Cognitive Theory
SLT	-	Social Learning Theory
SWAPO	-	South West African People's Organisation
UNDP	-	United Nations Development Programme
USA	-	United State of America

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This work is dedicated to Almighty God and to all who have supported me throughout the process. I also dedicated this to my beloved children, Wisely (son) and Shemunyenge (daughter) for their love, support and sacrifices. A special feeling of gratitude goes to my parents, Mateus Kamati and Rakkell Simeon at Ombathi village for their daily blessing on me.

Declarations

I Maria Neyapo Kamati, hereby declare that this study is my own investigation and is a true reflection of my research, and that this work, or any part thereof has not been submitted for a degree at any other institution.

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CHAPTER 1: INTRODUCTION

1.1 Introduction

This study analysed the implications of alcohol abuse by military personnel on human security and it examined the factors contributing to excessive alcohol abuse in Namibian Defence Force (NDF). Alcohol abuse is prevalent among military personnel worldwide. This is substantiated by statistics that indicate that in the United State of America (USA), about one fifth of all the military personnel are alcohol abusers (Mattiko, Olmsted, Brown, & Bray, 2011). The same trends have also been noticed among Asian soldiers particularly in Thailand where half of the army are heavy drinkers (Lee, 2017). A study conducted by Mash et al (2014) indicates that the level of alcohol and substance abuse by military personnel has significantly increased over the past decade in Latin America. Africa is not an exception in this phenomenon. According to Bryceson (2012), SubSaharan Africa has also become socially problematic due to increased production of alcohol beverages.

Statistics from NDF reveal that alcohol abuse is rampant among military personnel. Moreover, the Coalition on Responsible Drinking (CORD) (2014) reports that it is clear that alcohol abuse is a severe problem in Namibia, with more than 50% of the population consuming alcohol and Namibia being ranked 5th on the African continent when it comes to alcohol consumption. Military personnel in Namibia are not an exception to alcohol abuse hence a study that focuses on the implications of alcohol abuse on human security was undertaken to address the issue in NDF.

1.2 Background of the study and outline of research problem

Alcohol and substance abuse in the military population is an area that has not received sufficient attention (Stebnicki, 2015). This reflects a gap that exists in research. A few studies analysed the implications of alcohol abuse by military personnel on human security. This research sought to address this gap in research.

Researches by Jones and Fear (2011); Frueh and Smith (2012); Teachman, Anderson and Tedrow (2015) indicate that military personnel have a relationship with alcohol use. They further argue that soldiers use alcohol to cope with stress, traumatic experiences, and long separations from loved ones. Alcohol can also be used for recreation and socialization among military personnel (Schumm & Chard, 2012). However, alcohol misuse can result in the inability of service members to fulfil the requirements of military readiness (Brown, Bray, & Hartzell, 2010). It is in this context within which this research was carried out to find out the human security implications of alcohol abuse in NDF.

The NDF was established in terms of Article 115 of the Namibian Constitution (Constitution of the Republic of Namibia, 1990) with the mandate to 'defend the territorial integrity and national interests of Namibia' (p. 63). The Namibian Defence Forces oversees the Army, Navy, and Air Force branches of the Namibian Armed Forces. The NDF is responsible for issuing directives, memorandums, instructions, administrative instructions, and publications to all the armed forces. Given the task of defending the nation, NDF personnel's behaviour in light of alcohol abuse had to be researched and understood in the context of its implications on human security.

NDF defines alcohol abuse as the intake of alcohol that in adverse effects such as negative results on work performance, health, or social behavior” (NDF, 1990). This type of behavior is considered unsuited for military personnel. The NDF categorically states that alcohol abuse is “incompatible with readiness, the maintenance of high standard of performance, and military discipline” (NDF, 1990 p. 5). Due to the discordance of alcohol misuse with NDF standards, the standard operating procedure for all NDF military branches is to discharge military personnel who are identified as misusing alcohol. Despite this zero-tolerance policy, alcohol abuse continues to be a problem among military personnel.

Ames, Moore, and Cunradi (2012) reported that alcohol use by military personnel is influenced by the service members’ work environment, workplace culture, and peer expectations regarding drinking behaviors. Ames et al. (2012) determined that normative beliefs about alcohol use, ambivalent alcohol related policies, work problems, occupational stress, and deployment length lead to military personnel’s engagement in high risk alcohol use. Although previous studies have established that military service personnel are using alcohol in ways that are in the extremes, the human security implications of alcohol abuse are not well documented in the context of NDF. Therefore, this study sought to explore the human security implications of alcohol abuse with special reference to NDF.

Moreover, former Chief of Defence Force (CDF) Lieutenant General Martin Shali, during his familiarisation tour to different units of NDF, noted that alcohol abuse among military officers is a cause for concern (Ministry of Defence, 2007).

Similarly, the current CDF Lieutenant General John Mutwa also noted that alcohol and drug abuse are affecting the soldiers immensely in many ways including revealing of confidential information to unauthorized people when they are drunk (Ministry of Defence, 2017). Military Social Workers Report (2016-2017) also points out that alcohol abuse is major problem among NDF officers. Despite alcohol abuse being rife among military officers, no study has been undertaken to conceptualise the human security implications of alcohol abuse in Namibia among military officers hence the research sought to bridge gap.

1.3 Statement of the problem

Many studies on alcohol abuse in the military have been conducted (Aldridge-Gerry et al., 2012; Ames and Cunradi, 2004; Bray et al., 2013; Ames, et al., 2012; Brown, Bray, and Williams, 2013; Poehlman et al., 2011) yet none of the studies have comprehensively researched the implications of alcohol abuse for human security.

A great number of researches on alcohol use and the military population used quantitative methods for example, (Brown et al., 2013; Skidmore & Roy, 2011) to track rates of alcohol use rather than to explore the implications for human security to understand the phenomenon of alcohol exposure of military members, therefore the lived experiences of individual military members were captured and investigated in this study.

Moreover, the epidemiology of alcohol abuse in Namibia shows that alcohol abuse does impact negative on human security.

To substantiate this, the Coalition on Responsible Drinking (CORD) (2014) reports that it is clear that alcohol abuse is a severe problem in Namibia, with more than 50% of the population consuming alcohol and Namibia being ranked 5th on the African continent when it comes to alcohol consumption.

Poverty eradication minister, Hon Kameeta (2016) said that the most worrisome issue is that those abusing alcohol in Namibia are the youth and the workforce. However, the human security implications of alcohol abuse by military personnel have not been explored in Namibia.

The military is the backbone of any country's security and abuse of alcohol by military personnel is prohibited. Currently the situation is contradictory to the ideal situation because it is evident that alcohol abuse is a problem not only in the military of other countries in the world but also it is evident in the NDF. Despite the efforts by management to deal with alcohol abuse among officers, it seems the problem is compounded by the fact that human security implications of the behaviour are less understood. The study therefore sought to explore the implications of alcohol abuse on human security of Namibian soldiers.

1.4 Research questions

The study was guided by the following research questions:

1.4.1 Main research question

The main research question of this study is:

What are the human security implications of alcohol abuse in the Namibian Defence Force?

1.4.2 Subsidiary research questions

1.4.2.1 Why are military personnel abusing alcohol in Namibia?

1.4.2.2 To what extent does alcohol abuse affect human security in NDF?

1.4.2.3 How can the causes of alcohol abuse in NDF be prevented or minimised?

1.5 Significance of the study

The study is significant in many ways. It suggests ways to minimise alcohol abuse among military personnel. The research is significant as it helps to shape policy in NDF regarding the conduct of officers. Since this study is the first of kind in NDF, it is an eye opener to the Ministry of Defence (MOD) management to be aware of the damages caused by alcohol abuse within NDF. The study helps in guiding future researchers and scholars on alcohol abuse issues and it adds to the body of knowledge and academic debate as regards the implications of alcohol abuse on human security. Apart from MOD/NDF, all Namibian security agencies (police and state intelligence) can benefit from the study recommendations.

1.6 Limitations of the study

This study had its own limitations. There were time constraints as the research of this nature need more time to gather information comprehensively from the participants. To overcome this limitation, the researcher used a representative sample. Language barriers prevented some of the participants to effectively take part in the research. To overcome the limitation, the researcher made use of a language interpreter. The research was conducted at 124 Battalion, Kaptein Hendrik Witbooi Barracks, Keetmanshoop in Karas region. Therefore, the results of the study may not be generalizable to other areas.

Alcohol abuse as a topic evokes feelings of shame among some people and as a result some of the participants felt uncomfortable in taking part in the research. There were financial constraints as the research of this nature requires adequate resources to be comprehensively done. The research was conducted when the army day-to-day business was in full session therefore the selection of participants was cumbersome because some of the prospective participants were duty bound.

Another limitation is that the study focused on human beings as a unit of analysis. It is difficult to study human beings when you are one of them because of researcher bias. Moreover, once people notice that they are under study they may alter their responses. In that regard the researcher did not have control over the information the participants gave or withheld. To overcome these limitations, the researcher applied ethical principle of no disclosure of participant information.

1.7 Delimitations of the study

According to Marilyn, Ryke and Strydom (2015), delimitations are those characteristics that limit the scope and define the boundaries of the research. This study focused on military personnel who are stationed at 124 Battalion, Kaptein Hendrik Witbooi Barracks, Keetmanshoop in Karas region instead of the whole NDF. The area selected resulting from the reports of the military social workers for 2016-2017 compare to other units.

Those who participated are those referred to as alcoholics by the social worker.

1.8 Outline of Chapters

The study is divided into five chapters. These are:

Chapter 1: Introduction and background of the study.

The chapter gives the foundation as well as the rationale of the study. It also outlines the background of the study, statement of the problem, objectives, research questions and significance of the study as well as limitations and delimitations of the study.

Chapter 2: Literature review and conceptual/theoretical framework

This chapter explore the literature review and conceptual/theoretical frameworks of the research based on what other sources say.

Chapter 3: Research methodology

This chapter focuses on the research methodology adopted by the research to conduct the study.

Thus the chapter outlines the research design, research instrument, data collection procedure, population and sampling techniques, sample size, data analysis and research ethics.

Chapter 4: Research findings

This chapter gives an analysis of research findings and interprets them in the context of existing literature and conceptual framework.

Chapter 5: Discussion, conclusions and recommendations

The chapter gives research conclusions, policy recommendations and recommendations for future research.

1.9 Conclusion

In a nutshell, chapter gave a foundation as well as the rationale of the study. It outlines the statement of the problem, research questions, significance of the study, limitations and delimitations of the study. The following chapter presents the literature review and conceptual/theoretical frameworks of the study.

CHAPTER 2: LITERATURE REVIEW AND CONCEPTUAL/THEORETICAL FRAMEWORK

2.1 Introduction

This chapter presents literature review and theoretical framework. It is a review of the literature related to the purpose of the study and is organized according to specific objectives in order to ensure relevance to the research problem.

The chapter concentrates on reviewing the related literature on the implications of alcohol abuse by military personnel on human security on the factors identified for investigation in the study namely the reasons why active duty soldiers abuse alcohol, to what extent does alcohol abuse affect human security in NDF and how can the causes of alcohol abuse be prevented or minimised.

Theories discussed help the reader to understand the study. Alcohol carries a lot of cultural significance; it is used on social occasions and also in religious ceremonies throughout the world. In some countries it is frowned upon; in others, banned altogether. Reasons for drinking range from a need for relaxation, for pleasure, and to accompany celebrations, to “drowning of sorrows”, to habit, followed by compulsion in some cases (Njeru, 2015).

2.2 Definitions

2.2.1 Alcohol abuse

Dryden-Edwards and Stöppler (2012) argue that alcohol abuse entails a psychiatric diagnosis describing the recurring use of alcoholic beverages despite its negative consequences (a habitual misuse of alcohol). Hartely (2015) contends that alcohol abuse refers to a psychological reliance on alcohol that includes unrelenting, fixated ingesting that does not stop notwithstanding negative effects. Persons who misuse alcohol also become substantially reliant on the alcohol and go through serious, at times deadly, withdrawal symptoms upon quitting.

2.2.2 Human security

The United Nation Commission on Human Security (2003) defined human security as to protect the vital core of all human lives in ways that enhance human freedoms and human fulfilment. Human security means protecting fundamental freedoms that are the spirit of life. United Nations (1994) defines human security as an approach meant to help members in recognising and dealing with pervasive and cross-cutting challenges to the survival, living and pride of their citizens. In this regard, the human security approach is an established analytical and development agenda that offers more comprehensive and preventive responses by the United Nations, cutting across sectors, developing contextually relevant solutions, and adopting partnerships to aid realise a world free from fear, want and indignity.

2.3 Theoretical Framework

2.3.1 Social Cognitive Theory

Social cognitive theory (SCT) also known as a social learning theory is one of the theories that guided this study. According to Bandura (2002), the distinctive characteristic of SCT is the emphasis on social influence and its emphasis on external and internal social reinforcement. SCT is useful to understanding the implications of alcohol abuse among military personnel.

With history of social cognitive theory points of reference, social cognitive theory as put forward by social psychologist, Albert Bandura, is particularly applicable to this study. Social Cognitive Theory (SCT) was started as the Social Learning Theory (SLT) in the 1960s by Albert Bandura. It developed into the Social Cognitive Theory in 1986 and the theory posits that learning happens in a social context with a dynamic and give-and-take interaction of the person, environment, and behaviour. By using this theory, one can understand the thought, incentive and practice of alcohol abuse from the perspective of those engaged in the process of alcohol abuse.

The unique feature of SCT is the emphasis on social influence and its emphasis on external and internal social reinforcement. Social Cognitive Theory reflects the exceptional way in which persons acquire and maintain behaviour, while also considering the social environment in which individuals perform the behaviour. The theory takes into account a person's past experiences, which factor into whether behavioural action will occur.

These past experiences influences reinforcements, expectations, and expectancies, all of which shape whether a person will engage in a specific behaviour and the reasons why a person engages in that behaviour. In this case SCT helps in understanding why people abuse alcohol in NDF.

Furthermore, the theory further suggests a triadic give and take relationship between actions, personal elements and the environment. The environment does not only influence an individual's behaviour in general but his social environment specifically social role and status are also key factors in influencing an individual. The authors suggest that a person's action is a result of interaction with the environment and much of an individual's behaviours are learned through observation through modelling. Therefore, this theory provides the much needed theoretical lens through which the behaviour of drug abusers can be conceptualised or understood in the context of NDF officers. Social cognitive theory suggests that people behave in a certain way based on the interaction with their environment and based on their roles and status (Bandura, 2004). Given that alcohol abuse in NDF takes place in a military environment, this theory helps one to understand why military personnel abuse alcohol. The study was specifically interested in why military personnel abuse alcohol and how this gives precedence to the issue of the implications on human security.

2.3.2 Human Security Approach

The research was also guided by the Human Security paradigm. The UNDP (1994), states that human security is about security of people (based on seven elements/areas of Human Security) rather than states or government.

Furthermore, Human Security approach was used in this study to explicate the elements of human security and point out how possible can human security be affected if alcohol is abused among the military personnel. The approach assumes that human security is needed in reaction to the difficulties and the connections of both old and new security threats that grow from several security threats such as international terrorism. The human security approach also assumes that human security is required as a comprehensive approach that uses the extensive variety of new opportunities to tackle such threats in an integrated manner. The human security approach is important as regards the study because it recognizes the fact that human behaviour can compromise human security and therefore measures should be taken to combat any risks that jeopardise the security of people. In the context of NDF, if the military officers abuse alcohol it threatens the security of the nation. Dealing with the alcohol abuse then provides a better platform to enhance human security.

2.4 Alcohol abuse patterns

Globally alcohol abuse is a cause for concern. In North America, in the United States of America (USA), an investigation of families by Hays (2016) found that 133 million people in the age categories of 12 years up who translates to more than half of the population frequently take alcohol. The research further reveals that more than one third of these people drink alcohol more than once a week. The survey also reveals that more than 10% of America's population have a problem with alcohol. The same survey reveals that almost 11 million people mostly adults' display some indications of alcoholism or alcohol dependence while more than 7 million abuse alcohol.

According to Harwood et al (2009), the US National Institute on Alcohol Abuse and Alcoholism estimates that alcohol abuse in the entire country is around US\$1.12 billion per annum. The figure is estimated on the basis of transactions in each state as determined from tax receipts, sales in state-controlled stores, and reports from beverage industry sources.

According to a survey conducted by US Department of Defense (DoD) (2014), there were notable rises in binge drinking up to 47% and heavy drinking up to 20% from 1998 to 2016 among military personnel who were once deployed in other areas. Such high prevalence of alcohol abuses as according to Bray et al (2013) has profoundly impacted military personnel individual fitness and well-being (Waller, McGuire & Dobson, 2015). In European countries such as England, Alcohol misuse and Alcohol Use Disorder (AUDs) are also prevalent among military personnel. One-fifth of the British military personnel were classified as heavy drinkers (consuming 5 or more drinks once a week or more) in a recent survey representing the total active military personnel (Mattiko et al., 2011).

In Latin America, Brazil, heavy drinking is associated with a particularly marked increase in these adverse consequences in the Brazilian army. Heavy drinking also has been found to be associated with increased risk for suicidal behaviours among military personnel (Mash et al., 2014). Similarly, AUDs were associated with increases over time in depressive and posttraumatic stress symptoms among National Guard members of Brazil (Sampson et al., 2015). Namibia is not an exception in these alcohol consumption new trends and patterns.

Although NDF has a relatively short history, having been formed in 1990, Alcohol on Health Organisation (2014) ranked Namibia third (3rd) with the highest number of alcohol abuse per capita in Africa. In addition, Poverty Eradication Minister, Hon Kameeta (2016) said that the most worrisome issue is that those abusing alcohol in Namibia are the youth and the workforce. Sibeene (2007) noted that in 2006, 1085 male and 438 females were admitted for mental/behavioural disorders caused by alcohol abuse. Further, 443 patients were detained at the hospitals due to injuries/death related to knife stabbings. Health is both objective physical wellness and subjective psychosocial wellbeing and confidence about the future. Given the statistics above, one may contend that the human security implications of these alcohol abuse practices in the military context are not known in Namibia therefore this research explores the human security implications of alcohol abuse in NDF taking 124 Battalion, Keetmanshoop, Karas region as a case study.

2.5 Reasons why active duty soldiers abuse alcohol

There are several reasons why active duty soldiers abuse alcohol. These include but are not limited to military personnel's alcohol use as a coping skill, alcohol use as a social norm in the military and heavy alcohol use and binge drinking among service members.

2.5.1 Alcohol abuse as a Coping Tool

Conventionally, the use of alcohol in the military culture played a fundamental function (Wallace, & Weeks, 2008). Traditionally, alcohol has been used to cope with

the stress, intense emotions, and difficult adjustment times that are often a portion of the soldierly experience (Jones & Fear, 2011).

Poehlman et al., (2011) argue that in recent times, military personnel have resorted to alcohol intake as a way of coping with boredom, loneliness and stress related to military service. Alcohol is an accepted part of military service; so much so that before 1982, military personnel were legally able to use alcohol on base, regardless of whether they met the off base legal minimum drinking age (Wallace & weeks, 2008). This acceptance of alcohol use has contributed to increased alcohol use as normal behaviour (Woodyard, Hallam, & Bentley, 2013). Skidmore and Roy (2011) found that military personnel, who were involved in treatment for substance abuse concerns, described their substance use in one of two ways. Military personnel and veterans reported their substance use began prior to entering the military and worsened during service or those they were exposed to and subsequently began using and misusing alcohol after they joined the military. Skidmore and Roy (2011) argue that being in the military was the common influence in the behaviour becoming problematic for the individual(s). They also distinguished three factors that contributed to the use and abuse of alcohol by military personnel. These included: coping with stress related to pressures to perform (particularly for service women), trauma due to combat, physical, and/or sexual abuse, and co-occurring disorders such as depression and post-traumatic stress disorder (Skidmore & Roy, 2011).

2.5.2 Alcohol Use as a Social Norm

As noted by Poehlman et al., (2011), alcohol abuse is not seen as problematic but a normal military experience.

To gain a better understanding of this phenomenon, Poehlman et al. (2011) carried out a qualitative research regarding the socio-cultural factors that contribute to alcohol use and misuse among enlisted military personnel at two Navy bases and two Marine Corp bases in the USA. The researchers wanted to understand each of the installations' individual drinking climates.

Their research comprised of 15 focus groups with a total of 111 participants (61 Marines and 50 Sailors). Military personnel from three of the four bases reported regular and heavy alcohol use, while one naval base military personnel conveyed reasonable levels of alcohol use. This Naval base differed in location and demographic make-up from the other bases in the study. Poehlman et al. (2011) also identified three diverse types of army drinkers in their research which are: social drinkers; recreational drinkers, and stress and coping drinkers.

According to Poehlman et al. (2011) social drinkers reported drinking 3-12 drinks in a sitting. Reasons for this type of alcohol use included: drinking to fit in; meeting the “work hard...play hard” expectation of the culture, and building bonds with peers.

In a mixed methods study conducted by Ames et al. (2016) on the impact of military culture on how new military personnel interact with alcohol it was found that the ready availability of alcohol; the common ambivalence of supervisors regarding rule enforcement; modelling of heavy drinking by higher ranked personnel; stress relief; and peer pressure are causes of alcohol abuse among military personnel.

2.5.3 Deployment and Alcohol Use

A number of factors contribute to how military personnel abuse alcohol, and while deployment is only one of these factors, it is one of particular concern given recent rates of deployment and re-deployment for military personnel especially in USA. McGurk and Hoge, (2010) argue that in 2001, more than 1.8 million US military personnel were deployed to Iraq and Afghanistan. Similarly, researchers like Matteo and Vogt (2017) found that deployment and subsequent combat exposure have been shown to have an important relationship with how military personnel use alcohol.

2.5.4 General Deployment

Several studies have indicated that deployment and related concerns have a significant effect on how military personnel interact with alcohol (Spera, Thomas, Barlas, Szoc, & Cambridge, 2011). This impact has been seen leading up to deployment (Poehlman et al., 2011), during deployment (Ames et al., 2016) and post deployment (Wilk et al., 2010). The following subsection will explore alcohol use during each of these three stages. Harbertson et al. (2016) screened Marines and Sailors for alcohol misuse immediately prior to deployment. The researchers found that of those assessed 14.6% met criteria for alcohol dependence. Junior service members, including those below the age of 21 had higher rates of positive screens at 18.5 %. Erbes et al. (2017, p. 305) determined that rates of alcohol use increased for service members both before and after deployment. The researchers interpreted these results to indicate “a social facilitation factor” that occurs between spouses and domestic partners both prior to and post deployment as they prepare for and respond to the stress of deployment related separation and stress.

Poehlman, et al. (2011) also reported that several of the service members they interviewed observed increased military alcohol use both immediately preceding and immediately following deployment. Blume, Schmaling, and Russell (2010) found similar results when they surveyed 876 soldiers at a Texas Army base, both at mobilization, the time period during which service members prepare to deploy, and at demobilization, once service members have returned from deployment, regarding Army personnel's stress levels and alcohol use. The researchers found that 20% of individuals surveyed engaged in binge drinking immediately prior to deployment, while approximately 17% engaged in the behaviour immediately following demobilization from the deployment area (Blume et al., 2010).

Possibly the most well documented piece of deployment that affects how service members use alcohol is post-deployment. This refers to the changes in alcohol use by military personnel that are caused by deployment but that take place after the service member has returned home. Brown, et al. (2010) reported that post deployment alcohol use can result from a combination of factors including deployment experiences, length and number of deployments, as well as the actual deployment location. The data also revealed that military veterans (battle tested) are at a higher risk of problematic alcohol use post deployment than their reserve counterparts.

Kintzle, et al. (2015) determined that 10% of National Guard service members surveyed following deployment met criteria for alcohol misuse. Jacobson et al. (2008) had similar findings with 10-12% of Reserve and National Guard service members screening positive for problematic alcohol use immediately following deployment.

While much of the existing research has taken place once military personnel have returned from deployment, military personnel's alcohol use and abuse are not limited to this time period. Research indicates that that service members' alcohol use can be dangerously high before, during, and after deployments overseas.

This is associated with the stressors involved in the individual's particular stage in the deployment process (Brown et al., 2012; Blume et al., 2010; Ong & Joseph, 2008; Poehlman et al., 2011; & Santiago et al., 2010). The reviewed research implies that service members who are likely to be deployed are also likely to experience changes in their alcohol use patterns. This subsection of the chapter reviewed research examining alcohol use as it relates to deployment in general. The following subsection will examine how deployment to combat zones specifically can affect how service members interact with alcohol.

2.5.5 Combat Exposure Deployment

The preceding section illustrated the effected that deployment can have on alcohol use.

This section will expand upon this, by expounding the further impact that combat exposure during deployment can have on how military personnel use alcohol. While research indicates that non-combat deployment impacts alcohol use, additional research indicates a substantial difference in alcohol use for services members following deployment to combat zones (Wilk et al., 2010).

Jacobson et al. (2018) found that following combat exposure 26.6% of the military personnel studied, had new onset of binge drinking upon return from deployment.

Wilk, et al. (2010) investigated military personnel three to four months following their infantry brigade deployments into combat zones. It was found that one in every four military personnel met the criteria for alcohol abuse, while an additional 12% met the criteria for alcohol related problems, such as missing work, drinking more than intended, or receiving an alcohol related citation. The researchers also found that higher rates of exposure to the threat of death or injury were linked with higher rates of alcohol misuse, while exposure to combat related atrocities, such as witnessing violence and or brutality among the local population, were linked with higher rates of alcohol abuse and alcohol related problem (Wilk et al., 2010).

Leppam et al. (2016) examined the impact of combat, morally injurious experiences, and spiritual injury, on post-deployment alcohol use. Of the variables studied, Leppam et al. (2016) found combat exposure to have the most significant relationship with heavy alcohol use following deployment. Santiago et al. (2010) also examined the relationship between combat, and alcohol misuse and alcohol related problem behaviours. Their research looked at military personnel from six different brigades after three to four months following their return from deployment to Iraq. They found that 27% of the soldiers screened positive for alcohol misuse. In addition, the study results indicated that those members returning from combat exposure were more likely to have alcohol related problems as they were more likely to drink and drive and to be convicted of doing so, to ride in a vehicle with a driver who had been drinking, to miss work because of alcohol abuse, and also to use illegal drugs.

These reviewed researches above clearly indicate that heavy drinking and alcohol related problems are significantly influenced by military personnel's deployment experiences particularly when the service member has been exposed to combat.

2.6. Implications of alcohol abuse

Alcohol use is associated with high stress levels and chronic stress related to deployment. For example, combat exposure with threat of death or injuries, separation from family, little time off, lack of privacy, multiple deployments, potentially short dwell time, and alternating periods of boredom and high stress.

Good health is both essential and instrumental to achieving human security. It is essential because the very heart of security is protecting human lives. Health security is at the vital core of human (United Nations, 2003, p.96). Alcohol use and problematic drinking have been associated with suicidality in military populations (Evans, 2015).

Numerous research reports attest to the significant impact of drinking on accidents, suicide and violence. The findings of the studies using different methods and data from a wide spectrum of countries and cultures are consistent in this respect. According to Evans (2015), drinking to intoxication increases the likelihood of injury or death from accidents and violence.

Many of those involved in accidents, self-inflicted injury, or violence had been drinking more often and it seems as victims of violence (some 40-65% of whom had been drinking) than of various types of accident (some 20-30%).

Also, some 20-50% of people who commit suicide or attempted suicide were intoxicated at the time or known to be heavy drinkers. Particularly with regards to violence involving two or more parties, in 4080% of cases the offenders had been drinking.

Evans (2015) further argues that frequently intoxicated and heavy drinkers are at particular risk of injury whether from accidents, self-inflicted harm, or violence. Although alcohol is involved in a large proportion of injuries, it is not evidence that is always the cause because some would have occurred in its absence. Yet from a preventive perspective, it should be noted that injuries from accidents and violence as well as suicide have shown significant reductions when alcohol consumption in population has decreased and whether as a result of particular policy measure or for other reasons.

Hays (2016) argues that in societies with a western culture since the time of the temperance movement alcohol has been considered a major cause of deviant behaviour ranging from disorderly, socially disruptive conduct to serious threat to order and safety. This is widely recognized on the part of the general public, the police and criminal justice system, health authorities and medical care providers, communal authorities, welfare agencies and employers. All realise for this reason that alcohol consumption needs to be controlled. To some extent, the cultural context and its limits of tolerance determine what constitutes violation of public order and how much is attributable to alcohol abuse. It is clear, however, from a large body of research evidence that the threats which alcohol presents to public order and safety are actual not merely social or culturally perceived, constructed, or defined.

Without question, alcohol plays a major role in crime especially in crimes of violence. In the international comparisons, the category of assaults and homicides is with the highest level of alcohol involvement ranging between 35% (Canada) and 85% (Sweden). There is empirical evidence exemplifying the damage which alcohol consumption inflicts on working relations and career opportunities. Numerous workplace problems including sexual and other forms of harassment are linked with the use of alcohol and other drugs (Rose, 2012).

A tolerant social climate towards public drunkenness goes together with high arrest rates and vice versa which suggests that informal social control has a greater influence on behaviour than legislation. Both are necessary, however, to reach an optimum of costs, control and acceptable public order (Evan, 2016).

Alcohol or alcohol abuse often triggers highly visible disruptive behaviour such as football hooliganism and racial violence or is advanced as a mitigating factors to escape punishment. Alcohol control measures employed to increase public safety and order should be based on evidence rather than morality.

2.7 How can the causes of alcohol abuse be prevented or minimised?

2.7.1 Education and persuasion

According to Dimiti (2016) education can be offered in a variety of venues, but it is usually education in the community which first comes to mind in the prevention of alcohol problems.

Community-based prevention programs also may include an educational component. Education offers new information or ways of thinking about information and leaves it to the listener to draw conclusions concerning beliefs and behaviour (Dimiti, 2016).

However, most alcohol education programs go beyond this. Mass-media campaigns aimed at persuasion have been a very common component of prevention programs for alcohol-related problems even persuasion can be pursued also through other media and modalities. Most such campaigns are aimed at the drinker but some are aimed at those around or responding to the drinker. According to Lee (2017) most societies, public health-oriented persuasion about alcohol must compete with a variety of other persuasion messages including those intended to sell alcoholic beverages.

Persuasion media campaigns have also been a favourite modality in many places in recent decades for the prevention of alcohol problems. In general, evaluations of such campaigns have been able to demonstrate impacts on knowledge and awareness about alcohol but can show only modest success in affecting attitudes and behaviours.

As with school education approaches, there are hints in the literature that success may come more from influencing the community environment around the drinker in terms of attitudes of significant others or popular support for alcohol policy measures than from directly persuading the drinker him or herself. Thus, media messages can be effective as agenda-setting mechanisms in the community, increase or sustaining public support for other preventive strategies (Casswell, Gilmore, Maguire, & Ransom, 2017).

2.7.2 Deterrence

In its broadest sense, deterrence means simply the threat of negative sanctions or incentives for behaviour a form of negative persuasion (Nathaniel, 2014). Criminal laws discourage in two ways: the first one is by general deterrence which is the effect of the law in preventing a prohibited behavior in the population as a whole, and the second is the effect of the law in discouraging those who have been caught from doing it again (Ross, 2012). A law tends to have a greater preventive effect and to be cheaper to administer to the extent that has a strong general deterrence effect.

In many societies, there have also been laws against military drunkenness (being in public place while intoxicated), and against intolerable behaviour while intoxicated. Other common prohibitions are concerned with producing or selling alcoholic beverages outside state-regulated channels, and with drinking and public and other aspects of drinking under a specified minimum age.

The quickness and certainty of punishment as well as its severity are important in the deterrent value (too much severity tends to undercut its quickness and certainty). Ross (2012) argues that many English-speaking and Scandinavian countries have had a tradition of criminalizing drinking in public places or public drunkenness as such but the trend has been to decriminalise public drunkenness. Though there are few specific studies, criminalizing public drunkenness may not be very effective in changing the behaviour of those who have little to lose. This principle may also apply to laws deterring aspect of youthful drinking although there is little in the alcohol literature on deterrence with teenage population. Deterrence works best on those with more to lose.

2.7.3 Providing and encouraging alternative activities

Another strategy in principle involving positive incentives is to provide and seek to encourage activities which are an alternative to drink or to activities closely associated with drinking (Dimit, 2016). This includes such initiatives as making soft drinks available as an alternative to alcohol beverages, providing locations for sociability as an alternative to taverns and providing and encouraging recreations for sociability as an alternative to leisure activities involving drinks. Job-creation and skill development programs are other examples. Providing alternative activities such as sport and recreational programs has been a particularly common strategy with first world military populations.

Boredom and because there is nothing else to do are certainly among the reasons that are quite often given for abusive drinking. And there are often reasons of general social policy for providing and encouraging alternative activities. But Mäkelä (2015) once noted the problem with alternatives to drinking is that drinking combines so well with so many of them. Soft drinks are indeed an alternative to alcohol beverages for quenching thirst but they must also serve as a mixer in an alcohol drink. Involvement in sports may go along with drinking as well as replace it. Historically, there are some clear substitutions for instance of coffee for alcohol in the classic temperance era in Norway (Skog, 2015). But in the modern era such effects are hard to find. The few evaluation studies of providing alternative activities again from a restricted range of societies have generally not show lasting effects on drinking behaviour (Norman, Tuner, Zunz, and Stillson, 2017), though they undoubtedly often serve a general social purpose in broadening opportunities for the disadvantaged (Carmona & Stewart, 2016).

2.7.4 Insulating use from harm

A major social strategy for reducing alcohol-related problems in many societies has been measures to separate the drinking and particularly heavy drinking from potential harm making measures the world safe for (and from) drunks as it has sometimes been put. This separation can be physical (in terms of distance or wall), it can be temporal or it can be cultural for example, defining the drinking occasion as 'time out' from normal responsibilities. These harm reduction strategies as they are called in the context of illicit drugs are often built into cultural arrangements around drinking but can be the object of purposive programs and policies (Moore & Gerstein, 2011, p.100).

A variety of modifications of the driving environment affect causalities associated with drinking and drive along with other causalities. These include mandatory use of seat belts, airbags, and improvements in the safety of road vehicles and roads. Many other practical measures to separate intoxication episodes from causalities and other adverse consequences have been put into practice though usually without formal evaluation.

Other harm-reduction projects have aimed to reduce potential casualties and other harms associated with drinking in bars and nightclubs. Often these projects have been aimed particularly at youth-oriented drinking places. Australian and Canadian community projects have worked with bar and nightclub owners and staff to reform serving practices to reduce rates of drinking-related violence (Wells, Graham, & West, 2018).

There is substantial evidence of the success of a range of such countermeasures including environmental change approaches as well as deterrence (Zajac, 2017).

Some environmental measures which reduce road casualties in general for example requiring wearing of seat-belts in cars and providing sidewalks separated from the road may prevent casualties associated with intoxication even than other casualties.

2.7.5 Regulating the availability and conditions of use

In terms of the substantial harms to health and public order they can cause, alcoholic beverages are not ordinary commodities. Governments have thus often actively intervened in the markets for such beverages, far beyond usual levels of state intervention in markets for commodities (Ross, 2012). Total prohibition can be viewed as an extreme form of regulation of the market. In this circumstance, where no one is licensed to sell alcohol, the state has no formal control over the conditions of the sales which nevertheless occur and there are no legal sales interests, controlled through licensing, to cooperate with the state in the market's regulation (Ross, 2012). With a general prohibition, typically the consumption of alcohol does fall in the population and there are declines also in the rates of the direct consequences of drinking such as cirrhosis or alcohol-related mental disorders (Teasley, 2012).

But prohibition also brings with characteristics negative consequences including the emergence and growth of an illicit market and the crime associated with this. Partly for this, prohibition for adult especially military personnel is not live option in any developed society although it is in some other societies (Ross, 2012). Alcohol controls are usually enforced through control or licensing of the sellers not of the drinkers. This makes them potentially relatively cheap and effective to implement. The features of alcohol control regimes, regulating the legal market in alcohol vary greatly.

Special taxes on alcohol are very common and imposed often as much for revenue as for public health considerations. In addition, to minimum age limits forbidding sales to underage customers, many jurisdictions forbid sales to the already intoxicated. Often the regulations include limiting the number of sales outlets, restricting hours and days of sales, and limiting sales to special stores or drinking places.

Rationing of alcohol purchases limiting the amount, individuals can buy in a given time period has also been used as a means of regulating availability. Regulations restricting or forbidding advertising of alcoholic beverages attempt to limit or channel efforts by private interests to increase demand for particular alcoholic beverage products. Such regulations potentially complement education and persuasion efforts. State monopolization of sales of some or all alcoholic beverages at the retail and/or wholesale level has also been commonly used as a mechanism to minimize alcohol-related harm (Room, 2013).

The countries north of the Baltic Sea, of course have had relatively strong alcohol control systems for many years. But they exemplify how difficult it has become in the present era to retain such a level of control. Difficulties exist at both ideology and practical level. The doctrine of consumer sovereignty the idea that we should be able to purchase whatever we like as long as having money in our pocket is very strong.

2.7.6 Taxes and other price increases

Generally, consumers show some response to the price of alcoholic beverages as of all other commodities, if the price goes up, the drinker will drink less; data from developed societies suggests this is at least as true of the heavy drinker as the occasional drinker (Edwards et al., 2014).

Studies have found that alcohol tax increases reduce the rates of traffic casualties of cirrhosis mortality, and of incidents of violence (Cook & Moore, 2013). American studies suggest that alcohol taxes affect the behaviour of young drinkers more than that of older drinkers (Grossman et al., (2015).

2.7.7 Limiting sales outlets, and hours and conditions of sale

There is a substantial literature showing that levels and patterns of alcohol consumption and rates of alcohol-related casualties and other problems are influenced by such sales restrictions which typically make the purchase of alcohol beverages slightly inconvenient or influence the setting of and after drinking (Edwards et al., 2014, p.125). Enforced rules influencing “house policies” in drinking places on not serving intoxicated customers have also been shown to have effect (Saltz, 2017).

2.7.8 Monopolizing production or sale

Studies demonstrates that the effects of privatizing retail alcohol monopolies have shown some increase in levels of alcohol consumption and problems, in part because the number of outlets and hours of sale typically increase with privatization (Her, Giesbrech, Room, & Rehm, 2009).

From a public health perspective, it is the retail level which is important while monopolization of the production or wholesale level may facilitate revenue collection and effective control of the market.

2.7.9 Rationing sales

Rationing the amount of alcohol sold to an individual potentially directly impacts on heavy drinkers and has been shown to reduce the levels both of intoxication-related problems such as violence, and of drinking history related problems such as cirrhosis mortality (Schechter, 2015). But a form of rationing the medical prescription system is well accepted in most societies for psychoactive medications, it has proved politically unacceptable nowadays for alcoholic beverages in developing societies.

2.7.10 Advertising and promotion restrictions

Many societies have regulations on advertising and other promotion of sales of alcohol beverages (Hurst et al., 2017, p. 552). While it is well accepted that advertising can strongly affect consumer choices between products on the market, it has proved difficult to measure the effects of advertising on demand for alcohol beverages as a whole, in part because the effects are likely to be cumulative and long-term, and making them difficult to measure. However, the evidence on the effects of advertising and promotion on consumer behaviour has become stronger in the recent literature (Hill & Casswell, 2011).

2.7.11 Allying with social and religious movements

Ross (2012) argues that substantial reductions in alcohol-related problems have often been the result of spontaneous social and religious movements which put a major emphasis on quitting intoxication or drinking. While some of the biggest historical reductions in alcohol problems rates resulted from spontaneous and autonomous social or religious movements, support or collaboration from a government can easily be perceived as an official co-optation or manipulation (Room et al, 2002). Thus, there is considerable question about the extent to which such movements can or should become an instrument of government prevention policies.

In the short term, movements of religious or cultural reinforcement can be highly effective in reducing levels of drinking and of alcohol-related problems. Alcohol consumption in the U.S fell by about one-half in the first flush of temperance enthusiasm in 1830-1845 (Moore & Gerstein, 2011, p.35). Rates of serious crime are reported to have fallen for a while to a fraction of their previous level in Ireland in the wake of Father

Mathew's temperance crusade (Room, 2013). The enthusiasm which sustains such movements tends to decline over time even though they often leave behind new customers and institutions with longer duration. For instant, though the days when the historic temperance movement in English-speaking societies was strong are long gone and the movement had the long-lasting effect of largely removing drinking from the workplace in these societies.

2.7.12 Treatment and other help

Providing effective treatment or other help for these drinkers who find they cannot control their drinking can be regarded as an obligation of just and humane society. The help can take several forms such as a specific treatment system for alcohol problems (alcohol addiction rehabilitation centres), professional help in general health or welfare system, or non-professional assistance in mutual-help movements. To the extent such help is effective and it is also means of preventing reducing future alcohol-related problems. Treatment of alcohol problems need not be complex or expensive. The evaluation literature suggests that, brief outpatient interventions aimed at changing cognitions and behaviour around drinking are as effective in most circumstances as longer and more intensive treatment (Babor & Grant, 2014). Positive results from such interventions in primary health care settings were shown in World Health Organisation (WHO) study including a number of countries (Babor & Grant, 2014).

There is a good evidence of effectiveness of treatment for alcohol problems in terms of the effects of treatment on those who come for it. Typically, the improvement rate from a single episode of treatment is about 20% higher than the non-treatment condition. Further treatment episodes are often needed. Drinking-driver's remediation programs, a form of compulsory treatment also show modest effects about 8-9% less recidivism (WellsParker, Bangert-Drowns, McMillen, & Williams, 2015). Brief treatment interventions or mutual-help approaches usually results in net saving in social and health cost associated the heavy drinker (at least where health care is not self-paid) as well as improving the quality of life (Holder & Cunningham, 2012).

The effectiveness of providing treatment as a strategy for reducing rates of alcohol problems in a society is more equivocal. In a North American context, it has been argued that the steep increase in alcohol problems treatment provision and mutual-help group membership in recent decades has contributed to reducing alcohol problems rates (Smart & Mann, 2017). But the strength of the evidence for this contention is disputed (Holder, 2017).

The treatment system for alcohol problem is an important part of an integrated the national alcohol policy, but as an instrument of prevention of reducing societal rates of alcohol problems it is probably not cost-effective.

2.8 Conclusion

This section has presented the literature review and conceptual/theoretical framework related to the study. It reviewed relates to the research questions of the study. The chapter focused on the effects of alcohol abuse on human security, reasons why army officers' abuse alcohol and strategies to minimize alcohol abuse among military officers.

CHAPTER 3: RESEARCH METHODOLOGY

3.1 Introduction

The preceding chapter focused on conceptual framework of the study. This chapter focuses on the methodological aspects of the study. This chapter describes the research design and methodology of the study and it provides a comprehensive view of the explanation and selection of the target population, sampling technique, sampling size and procedure for data collection, and data analysis. The chapter moreover explains the ethical considerations of the research study. The procedures the study adopted to attain acceptable objectivity and integrity of the research also explained.

3.2 Research Approach

It was the intent of the researcher to have an in-depth understanding of alcohol abuse within the context of NDF hence qualitative research approach was the most suitable approach. Qualitative research approach was used in this research because it provided rich and detailed information about the implications of alcohol abuse by military personnel in NDF. In that regard, qualitative research provided a platform to interpret data as objective of interpretive research is to allow the researcher to gain insights about the nature of the phenomena (research problem), and to discover the problems that exist within the nature the situations, processes, relationships, systems, or people.

The qualitative research approach thus permitted an in-depth analysis of implications of alcohol abuse by military personnel on human security and allowed the researcher to examine factors contributing to excessive alcohol abuse in NDF.

This research approach also provided the researcher with first-hand experience providing valuable and meaningful data.

3.3 Research design

The research was designed to gather information by means of an empirical study. Therefore, the study was an exploratory case design. Exploratory research as a tool to understand an issue more thoroughly was perceived to aid the researcher to collect the data from the participants based on their consciousness, feelings and experiences. This study aimed to analyse the implications of alcohol abuse by military personnel on human security and examine factors contributing to excessive alcohol abuse in NDF. To gather data, the researcher employed a case study research design in order to establish the prevailing situation in the area under study.

The rationale for using a case study in this research is that it gave the researcher the opportunity to evaluate the implications of alcohol abuse by military personnel on human security and examine factors contributing to excessive alcohol abuse in NDF to be studied in-depth within the limited time scale of this study.

Moreover, a researcher using case study design can apply a variety of methodologies and this helps on triangulation. Therefore, in this study the researcher obtained accurate data due to the use of multiple mixed method approach to assess implications of alcohol abuse by military personnel on human security and examine factors contributing to excessive alcohol abuse in NDF.

3.4 Research Instruments

Research instruments are there to help in data collection. In qualitative research there are a number of methods which can be used to obtain primary data and these includes observations, in-depth interviews, focus group discussions to mention but a few. In this study the researcher used focus group discussions and in-depth interviews as a means of collecting data.

3.4.1 Focus Group Discussions (FGDs)

Focus group discussions were conducted so that the researcher could identify trends in the perceptions and opinions expressed as regards the problem of alcohol abuse in NDF. The membership for FGDs ranged from 8-10 people per each group. In this case FGDs participants were those whom were noted by the army social worker's report were gathered to give their opinions on implications of alcohol abuse by military personnel on human security in Namibian Defence Force (NDF).

The researcher conducted three FDGs so as to gather information. Each focus group discussion took at least two hours as each participant was given enough time to express their views as well as responding to the questions that arose during discussions. The researcher used a tape recorder to back up the focus group transcript.

3.4.2 In-depth interviews

The researcher also conducted in-depth interviews in order to gather more information from selected participants as regards the implications of alcohol abuse on human security.

In-depth interviews were used in the research because they are one of the most common qualitative methods of collecting data. Interviews are most effective in providing a human face to research problems. In-depth interviews were also used because they are useful in getting information, face to face, from the individual key informants.

The study used interviews with purposively-selected participants in order to give participants the freedom to answer the questions using their own words and allowed the researcher to deeply explore the participant's feelings and perspectives on subject of alcohol abuse. Each one-on-one interview was expected to take at least forty (40) minutes depending on the issues that arose. In addition, the researcher triangulated interviews with focus group discussions as a supplement source of data to validate and enhance the research outcomes.

Interviews were chosen as a method of data collection because they allowed the researcher to fully explore ideas and they were flexible because it allowed the researcher to follow interesting points. In these interviews English language was used as it is the official language of Namibia. Generally, the questions that were asked answered the research questions of the study. The researcher used the key informant interviews. The interviews were tape recorded.

3.5 Data collection procedure

A formal request was made to the Namibian Defence Force to carry out a study. Participants were requested in person to take part in the research. After permission was granted, participants were then selected using purposive sampling technique.

The researcher then had to set up appointments for interviews as well as focus group discussions based on the time convenient to the participants. All ethical issues were fully explained to the participants and were enforced during the research.

The purpose and principles for their inclusion were also explained to them. It was specified to them that partaking was on voluntary basis and that their rights would not be violated. Participants were made to sign an agreement form if they agreed to take part in the research. Thereafter agreements were made on the suitable time for the actual research interview. The data was collected using a self-facilitated focus group and in depth interviews. The time frame for data collection was 3 weeks.

3.6 Target population

The population of this research study was four hundred and thirty-two (432) military personnel stationed at 124 Battalion, Kaptein Hendrik Witbooi Barracks, educated and uneducated, male and female, from all rank categories.

3.7 Sampling techniques

This research sampling procedure was non-probability sampling. In the research, the participants were selected using purposive sampling techniques since information is held by only certain members of the population. The researcher used purposive sampling technique to select participants for the research because in purposive sampling, the researcher uses a wide range of methods to locate all possible cases of a highly specific and difficult to reach population.

3.8 Sample size

The researcher used a sample size of 44 military personnel in which case twenty (20) participants were reported as abusing alcohol by military social workers' records. The other 24 participants were purposively-selected to take part in focus group discussions for triangulation purposes. The composition of the sample is illustrated in detail by the table below:

Participants	Population
Alcoholics (for interviews)	20
Alcoholics (focus group)	24
Total	44

Table 3.1 population sample

3.9 Data Presentation and Data analysis

This section focuses on how data was presented and analysed. Data was presented in form of themes that emerged from the study. The data obtained from the study aimed to answer the research questions. Data was analysed through thematic analysis.

3.10 Reliability

In order to maintain reliability in the study, the researcher adopted the triangulation of methods technique which involves the uses of two or more methods to gather data from the participants. Thus, in this case the researcher used interviews and FDGs to gather data.

3.11 Research ethics

Three procedures of research ethics were used in the study. The first and broadest one is protection of participants from any harm. The second procedure was to make sure that the research was conducted in a way that serves interests of individuals, groups, and community as a whole. The third procedure was to examine specific research activities and projects for their ethical soundness, looking at issues such as the management of risk, protection of confidentiality and the process of informed consent.

In order to reduce the chances of refusal by participants to partake in the research, the researcher provided a letter from the University and presented it to NDF so as to provide the organisation with full information of the dates of the investigation and in turn attain consent for the investigation to be carried out within the organisation. This ensured the wilful participation of the targeted participants. Another ethical aspect which was taken considered is informed consent which involved telling the participants what the research is all about and their right to or not to take part in the research.

The participants who took part in the research voluntarily chose to do so without any form of coercion or persuasion. Moreover, another aspect of research ethics that was taken into account is the right to withdraw. In this case, during the course of research if participants wished to withdraw from the research, they were allowed to do so.

If participants had any reservations, they were kindly excused as they had the right to refuse to participate or withdraw from the research at any time without penalty.

In this regard, the researcher ensured that there is no use of deception hence before the research the participants were briefed about the research as the researcher highlighted and clarified the fact that the research is purely for academic reasons.

Moreover, no information given to the researcher by a participant was revealed to another person unless the participants had given prior agreement. Drunkenness is associated with shameful behaviour so some participants were not free to take part in the study. To address this, participants were assured of confidentiality.

The researcher kept the information provided private and confidential by using pseudonyms in presenting the research findings as a reflection of respect for participants' rights.

At the end of the research, the participants were provided with the contact details of the researcher and they were debriefed as regards the outcome of the study.

3.12 Conclusion

In a nutshell, this chapter looked at the research methodology and the justification of the methodology. The research design and the sampling procedures were explained in detail. The researcher further explained the research instruments of data collection and provided the logic for the approaches adopted. The chapter also synthesised the ethical considerations of the research.

CHAPTER 4: RESULTS AND DISCUSSION

4.1 Introduction

The previous chapter focused on a research methodology. This chapter focuses on the presentation of research findings and discussion of the collected data. This chapter attempts to articulate and analyse the data collected from the study on the implications of alcohol abuse by military personnel on human security.

The findings were derived from in-depth interviews and focus group discussions administered on the target population. This chapter gives a clear picture of the findings as the data collected is discussed and analysed descriptively since the research was qualitative in nature.

In this chapter, findings were discussed in light of the existing literature and the theoretical framework employed in this study. Data gathered is presented under themes that were developed based on the research questions.

4.2. Demographic information

4.2.1 Age

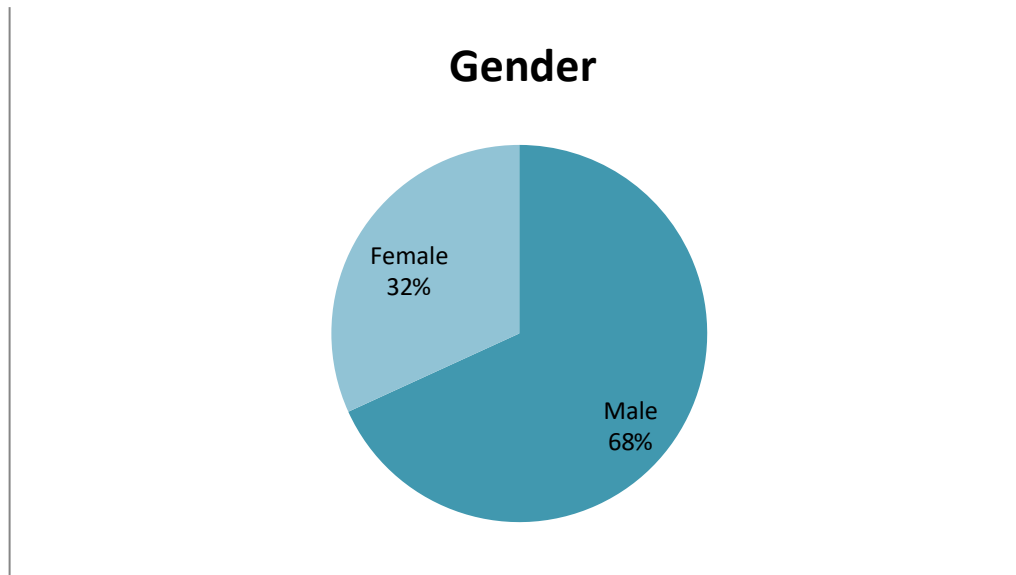
Age	Percentages (%)
23 to30	10%
31 to 40	15%
41 to 50	35%
51 and above	40%

Table 4.1 Ages

The study categorised the participants into the following age groups (23-30, 31-40, 41-50, 51 and above categories), and the number of those who participated under each category is reflected in percentages. Of the 44 participants, 10% were under the category of 23-30 years, 15% were under the category of 31-40 years and 35% were under the category of 41-50 years and 40% were under the category of 51 years and above.

4.2.2 Gender

Out of the 44 respondents, 30 (68%) were male and 14 (32%) were female. The indication is that most of the military personnel abusing alcohol in the study are male.



Finger 4.1: Gender of the respondents

4.2.3 Ranks

Brg Gen	0	Lt	0	Sgt	4
Col	0	2Lt	0	Cpl	12
Lt-Col	0	Wo1	1	L/Cpl	14
Maj	2	Wo2	2	Pte	7
Capt	3	S/Sgt	1		

Table 4.2 Ranks of the respondents

The study found out that out of the 44 participants sampled, 39 (89%) were non-commissioned officers (NCOs) and 5 (11%) were commissioned officers. Therefore, the data collection indicates that majority of the participants were NCOs (lower ranks).

It shows that the lower ranks in NDF have the highest number of military personnel abusing alcohol than commissioned officers.

4.2.4 Marital status of participants

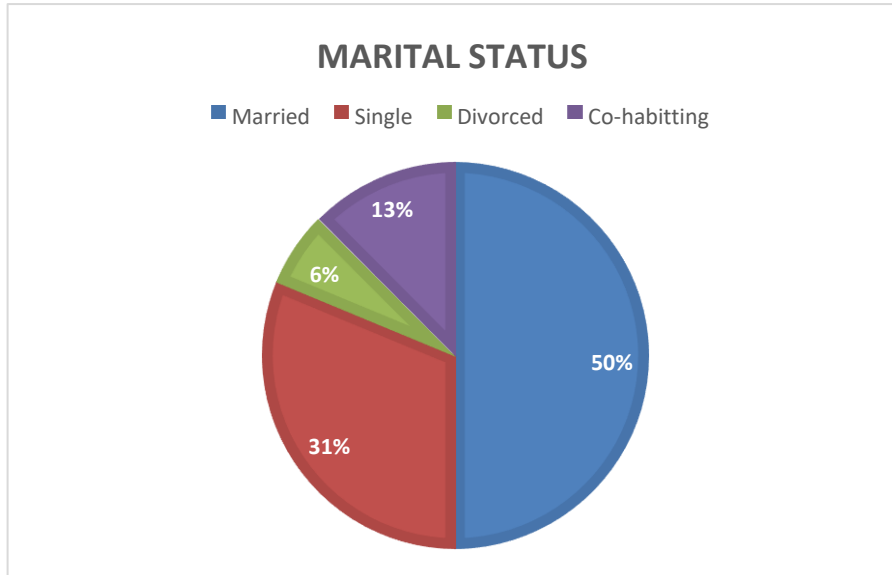


Figure 4.2

From the chart above, 20% of the participants were married, 50% were single, 20% were divorced and 10% were cohabiting. Therefore, the majority of participants who took part in this study were single.

4.2.5 Work experience in NDF

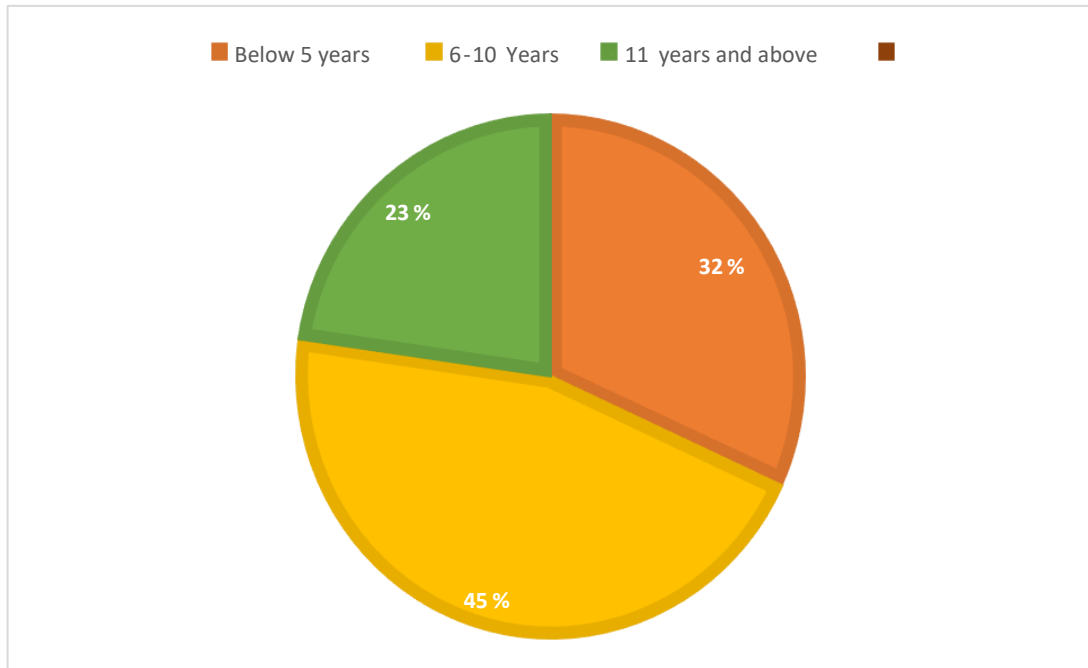


Figure 4.3

Of all 44 participants, 20% of them indicated that they had below 5 years' experience at NDF while the 35% indicated that they had experience 6-10 years working with NDF and the remaining 45% had work experience of 11 years and above.

4.2.6 Educational qualifications of respondents

Tertiary education	2%
Senior secondary (grade 11 to 12)	15%
Junior secondary (grade 8 to 10)	25%
Senior primary (grade 4 to 7)	19%
Junior school (grade 1 to 3)	30%
No school attendance	9%

Table 4.3

4.3. Presentation of research findings

4.3.1 Reasons for alcohol abuse by NDF military personnel

4.3.1.1 Alcohol Use as a Coping Tool

Research findings indicate that military personnel in NDF abuse alcohol because they see it as a coping tool. Because of the military nature of their job, NDF personnel believe that if they abuse alcohol they would be capable to cope very well with the demands of their job. Because of the stress that comes with their job, alcohol can be consumed as a way to avoid such stress. One of the participants had this to say:

“This job has a lot of demands. One of these requires members of the armed forces to be tough and aggressive so when you consume alcohol you cope very well with such demands. We drink alcohol to cope with stress and boredom associated with my job.

Alcohol provides the solace we need. Moreover, we stay in the Barracks away from the family so we drink cope with the situation as some of the times we are subjected to boredom.”

This finding corroborates with the past research studies that found that alcohol has been used to cope with the stress, intense emotions, and difficult adjustment periods that are frequently a part of the military experience (Jones and Fear, 2011). According to past researches conducted, alcohol is used to cope with boredom, loneliness, stress resulting from military service, and is used in social and recreational pursuits (Poehlman et al., 2011). Wallace et al (2008) posit that alcohol is an accepted part of military service and before 1982 military personnel were allowed to use alcohol at the army bases.

Poehlman et al., (2011) conducted a study on the reasons why military officers abuse alcohol in USA and found that people were drinking to relieve themselves from stress and they drank to cope with the situation. Poehlman et al., (2011, p. 400) further argue that military personnel who belonged to this group used alcohol as a “sleep aid”, to “forget”, and to “unwind.” Poehlman et al., (2011) further contend that military personnel are people in high stress positions and sometimes they work odd hours.

Research findings also indicate that women who took part in the study abuse alcohol as a way of coping with the stress to perform as their male counterparts. Men are traditionally perceived as strong hence most of the time are given laborious tasks so women who are part of the force are now being given the same responsibilities owing to equal opportunities hence for these women to cope with the pressure they find themselves in; they abuse alcohol.

One participant had this to say;

“We abuse alcohol because there is pressure for me to perform as a soldier so in order to cope with that pressure we need something to help us cope hence we use alcohol to manage to cope to the same level as our male counterparts. There is also sexual harassment which comes with this job so to forget such things we just drink alcohol. We have to drink to fit in the military society.”

This finding converges with Skidmore and Roy (2011) who found that military personnel, who engaged in treatment for substance abuse concerns, described their substance use as a result of many reasons. These included: coping with stress related to pressures to perform; trauma due to combat, physical, and/or sexual abuse, and simultaneous syndromes such as depression and post-traumatic stress disorder.

Research findings also reveal that participants abuse alcohol as a well of blending in to the new environment. Participants believe that if they abuse alcohol they will be able to cope with being at the barracks in a completely new area away from home. This finding is supported by Hollingsworth (2011) who argues that being in barracks most of the time causes military personnel to suffer from boredom.

Research results also affirm the utility of the social cognitive theory. Social cognitive theory suggest that people end to behave in a certain way based on the interaction with their social environment and based on the social roles and status (Bandura, 2004). Thus, the theory is salient in explaining alcohol abuse within military setting and how military personnel interact in the environment thus learning how and why they abuse alcohol, all this giving precedence to the issue of the implications on human security.

4.3.1 Alcohol Use as a Social Norm

Research findings reveal that military officers abuse alcohol as because they see it as a social norm. Study findings show that those who abuse alcohol in the military see it as normal military experience. In that regard one participant said,

“It is normal for us soldiers to drink excessively. It is the culture of the organization so you have to drink in order to fit in very well. As soldiers we are perceived as the last line of the country’s defence so we are seen as strong so its normal for us to drink excessively especially the “strong stuff “and that shows our virility”

To support the above, one of the participants also affirmed that it is normal for every military officer to be a heavy drinker. Participants believe that it is a social norm for them to be heavy drinkers. One of the participants had this to say:

“In the army we are expected to be hard and tough so in order to do that we need to do that under the influence of alcohol. So we drink to meet the military culture. Moreover, since almost everyone who is in the military is drinking, abusing alcohol is a way of building rapport with peers.”

This finding corroborates with Poehlman et al. (2011) who conducted a qualitative study regarding the socio-cultural factors that contribute to alcohol use and misuse among enlisted personnel at two Navy bases and two Marine Corp bases in United States of America.

The study also found that military personnel abuse alcohol because they want to meet the “work hard...play hard” expectation of the military culture, and as a way of building bonds with peers. This is also supported by Ames et al. (2009) who conducted a mixed methods study to investigate the impact of military culture on how within the first three years of military duty, military personnel interact with alcohol.

In that study it was found that fitting into the military culture was the major cause of alcohol abuse. Furthermore, (2009) argue that there are many influences in the military context and culture that affect the ways in which military personnel use alcohol. Alcohol is an accepted part of the military lifestyle both in history and at present. Service members use alcohol to assimilate and socialize, to deal with the boredom that accompanies limited resources, and to cope with stress and anxiety resulting from their duty, stressful moments, and emotional concerns.

Research findings also reveal that military personnel abuse alcohol because there is modelling of heavy drinking by highly ranked military personnel. Moreover, the participants also noted that in terms of military rules on enforcement, the high ranking commanders were inconsistent in enforcing the rules. One of the participants said,

“Our superiors are also heavy drinkers so we just copied the habit from them. You know when one is a leader; the person is an example to all the people so we just emulate the heavy drinking tendency. Abusing alcohol especially at work is strictly forbidden but those who are supposed to enforce the rules do not enforce them all the time. Some are also heavy drinkers hence the problem of heavy drinking.”

The above finding corroborates with the findings of Poehlman et al., (2011) who found that heavy alcohol use by military officers could be attributed to the fact that there is modelling of such behaviour by superiors and those officials cannot therefore sufficiently restrain others because they are involved in the practice of abusing alcohol.

4.3.1.3 Military culture

Research findings show that participants' especial war veterans abuse alcohol as a way of assimilating the military organisational culture. Participants said that alcohol abuse is perceived as a military culture therefore in order to embrace that culture they have to use alcohol. One of the participants mentioned that:

“We believe that it is the culture of any military organisation that its members have to take alcohol so that they will be tough and aggressive so we take alcohol as part of the culture of the organisation that we work for. Since we were an Active Duty Military Personnel (ADMP) of the People’s Liberation Army of Namibia (PLAN) that was an armed wing of the South Africa People’s Organization (SWAPO), we used to excessively drink alcohol but we fought for the country and liberated it from the colonialists because we were aggressive.”

The above is supported by a study conducted by Ames et al. (2009) which investigated the impact of military culture on how within the first three years of duty, military personnel interact with alcohol. The study found that after three years of duty military personnel begin to abuse alcohol. Because of the military culture of heavy drinking, service members end up abusing alcohol because of peer pressure.

4.3.1.4 Recreational drinking

Research findings show that NDF personnel abuse alcohol because they see drinking alcohol as recreation. Participants indicated that there were no other better recreational activities that they could engage themselves other than drinking alcohol. Recreational drinking as results of the study indicate is done as daily leisure routine as Namibia is not in a war times hence soldiers have no much to do at the barracks. So, whenever some of the military personnel have nothing to do, they abuse alcohol in a way that they are not noticed by their superiors.

Results of the study are also backed by earlier studies that were done on alcohol abuse among military personnel for example in a qualitative study conducted by Poehlman et al. (2011) it was established that there are three different types of military drinkers in the study: social drinkers; recreational drinkers, and stress and coping drinkers. The same research by Poehlman et al. (2011) also found that military personnel use alcohol to cope with boredom, loneliness, stress resulting from military service, and in social and recreational pursuits.

4.3.1.5 Ambivalence of superiors

Research findings suggest that NDF personnel at Keetmanshoop abuse alcohol because their superiors are ambivalent as regards the enforcement of the military policy on alcohol.

One of the participants said;

“We abuse alcohol because most of the time we are not monitored by our superiors in terms of alcohol consumption. Even military discipline code says: “if a soldier is drunk of duty or is drunk off duty and behaves in an unbecoming manner or becomes unfit for proper performance because of excessive alcohol use or narcotic drugs the person will be imprisoned”. Yet only few of the laws are being enforced consistently by our superiors.

One may argue that the inconsistency of military superiors in the enforcement of the military disciplinary code as regards alcohol abuse is an incentive for alcohol abuse among military personnel at the barracks. Lemuel (2014) also found the same with the military personnel of the Canadian army.

4.4 The effects of alcohol abuse by NDF personnel on human security

Inattentiveness of personnel is one of the effects of alcohol abuse. Research findings reveal that alcohol abuse is subversive to human security in Namibia. The study established that alcohol abuse by soldiers is subversive to national security as soldiers are supposed to be alert at all times, but alcohol makes them inattentive and obtuse. Research findings show that when participants abuse alcohol they underperform their respective tasks. This poses security threats to the country and as a result people’s protection is compromised. One of the participants said;

“From what I understand once a person consumes alcohol excessively, his nervous system is affected therefore his/her level of attention is affected.

As military officers we should be ready at all times to tackle any threat but when one is drunk that cannot happen because a person is not sober. An enemy can attack and win so I think it causes security threats.”

Research findings also attest to the effect of alcohol abuse on accidents at work. Research findings show that the officers who normally abuse alcohol are sometimes involved in minor accidents at work because of blurred vision. These accidents sometime as findings show lead to the breaking of equipment that is useful in defending the country, as a result the human security of the country is threatened. Ross (2012) argues that in some military environment accidents should be minimised because they disrupt security routine activities therefore alcohol abuse has adverse human security implications.

Study findings show that one of the implications of alcohol abuse is absenteeism at work. Research findings show that participants confessed that they would be absent from work because of hangovers. Most alcohol abusers find it difficult to be present at work especially after weekends when they drink much. This means that the officers would stay away from their defence duties while they are hardly replaced.

The implication on human security as findings show is that absenteeism especially by critical military personnel poses security risks to the country as the people on duty would be understaffed to perform their routine security duties effectively. According to UN (2003) human security and state security are mutually reinforcing and dependent on each other therefore, in the absent of human security, state security cannot be attained and vice versa. Research findings also show that the human security implications as it relates to alcohol abuse by military officers in the NDF are adverse.

Research findings show that some of the officers get depressed because of their alcohol abuse prone life. This reduces their concentration at work especially when they are working with other equipment often resulting in injury or death of military personnel. As a result of that human security is faced with challenges as such a person will not be replaced immediately. This affirms the findings of Ross (2012) who argues that drinking to the level of drunkenness increases the likelihood of injury or death from accidents and violence.

Moreover, findings show that as a result of alcohol abuse some military officers engage in violence which is inappropriate for the military job and leads them to court marshalled. Violence causes polarisation in the military and a polarised military cannot do much to defend its people hence human security is compromised.

Ross (2012) also argues that, many of those involved in accidents, self-inflicted injury, or violence had been drinking more often and it seems as victims of violence (some 40-65% of whom had been drinking) that of various types of accident (some 20-30%). Rose (2012) further argues that some 20-50% of people who commit suicide or attempted suicide were intoxicated at the time or known to be heavy drinkers. Particularly with regards to violence involving two or more parties, in 40-80% of cases the offenders had been drinking.

Dimiti (2016) supports this by contending that without question, alcohol plays a major role in crime especially in crimes of violence. In the international comparisons, the category of assaults and homicides is with the highest level of alcohol involvement ranging between 35% (Canada) and 85% (Sweden).

There is empirical evidence exemplifying the damage which alcohol consumption inflicts on working relations and career opportunities.

Numerous workplace problems including sexual and other forms of harassment are linked with the use of alcohol and other drugs. Frequently, intoxicated and heavy drinkers are at particular risk of injury, either from accidents, self-inflicted harm, or violence. Although alcohol is involved in a large proportion of injuries, it is not evident that it is always the cause since some would have occurred in its absence. This poses human security threats in two ways. The first one is that national security is compromised and the second one is that the security of other military officers is compromised as they are susceptible to harm. Research findings reveal that alcohol abuse among military personnel causes deviant behaviour ranging from disorderly, socially disruptive conduct to serious threats to order and security hence it badly affects human security of the Namibia people at large as well as the security of other military officers is compromised. One of the participants had this to say;

“The abuse of alcohol by any military personnel is subversive to human security. Some of the military personnel who abuse alcohol become aggressive and uncontrollable even at work after consuming significant amounts of alcohol. Some of them are drivers who end up driving the military vehicles recklessly putting other people’s lives at stake”

Ross (2012) argues that for this reason, alcohol consumption needs to be controlled. To some extent, the culture context and its limits of tolerance determine what constitutes violation of public order and how much is attributable to alcohol abuse.

It is clear as Dimiti (2016) contend. However, from a large body of research evidence that the threats which alcohol presents to public order and safety are actual not merely socially or culturally perceived, constructed, or defined.

Research findings show that in NDF, alcohol or alcohol abuse often triggers highly visible disruptive behaviors such as hooliganism and tribal violence. Some of the personnel who abuse alcohol end up engaging in tribal violence speeches which demoralise other personnel. This then affects soldier's human security because as military personnel are supposed to be in high spirits all the time with high morale so as to effectively defend the country.

From a human security theory perspective, human security is needed in reaction to the complications and the connection of both old and new security threats that grow from several threats such as international terrorism, climate change, and many more.

A research by Sharbafchi and Heydari, (2017), concur with Mwandangi (2011) study which established that officers resort to alcohol abuse which leads to poor judgment and dangerous behaviour, actions, and sometimes cause legal issues because it may cause bipolar, depressive, anxiety, psychotic, and some other psychiatric disorders which need prompt diagnosis and treatment and negatively affects service member's performance. They further states that the military culture encourages or allow alcohol abuse practices.

Below are some of the responses by the participants:

Human Security Threats Posed by Alcohol Abuse	Human Security Implications
Health security	Diseases and unhealthy lifestyle i.e. not using protection during sexual intercourse and thus can spread HIV/AIDS and other STIs.
Community security	Dysfunctional families and workplace relationship
Personal security	Physical violence; accidents; suicides; domestic abuse; and absent from work

Table 4.4 Effects of alcohol abuse in NDF

Source: Primary source

4.5 How can the causes of alcohol abuse in NDF be prevented or minimised?

4.5.1 Psycho social support and treatment

Research findings show that the provision of psycho social support to military personnel can help to minimise alcohol abuse by military personnel. Research findings reveal that social support in form of counselling to those engaging in alcohol abuse is important in curbing alcohol abuse. Therapeutic sessions with professionals can help to treat alcohol abusers.

One of the participants said;

“We believe that as alcohol abusers we should receive counselling from social workers or psychologists so that our addiction to alcohol abuse can be dealt with. We really want to stop but we don’t know how to do that probably if we get professional help, we can be able to stop. We also want our ministry to have its own alcohol rehabilitation addiction treatment centre for helping us to overcome our alcohol addiction.”

Rotunda (2013) argues that the provision of psycho social support yields better results in dealing with alcohol abusers as well as drug addicts as those who provide counselling services are able to unearth the root causes of the problems making the person to behave in such ways. Providing effective treatment or other help for alcohol abusers who cannot control their drinking can be regarded as an obligation of a just and humane society. The help can take several forms such as a specific treatment system for alcohol problem (alcohol addiction rehabilitations), professional help in general health or welfare system, or non-professional assistance in mutual-help movements. To a greater extent, such help is effective and it is also a means of preventing or reducing future alcohol related problems.

The treatments for alcohol problems need not be complex or expensive. Babor and Grant, (2014) in the evaluation literature suggests that brief outpatient interventions aimed at changing cognitions and behavior around drinking are as effective in most circumstances as longer and more intensive treatment. Positive results from such interventions in a primary health care setting were shown in the World Health Organisation (WHO) study that including a number of countries (Babor & Grant, 2014).

In terms of the effects of treatment on those who come for it, there is a good evidence of effectiveness of treatment for alcohol problems. The effectiveness of providing treatment as a strategy for reducing rates of alcohol problems in a society is more equivocal. For example, in a North American context, it has been argued that the steep increase in alcohol problems treatment provision and mutual-help group membership in recent decades has contributed to reducing alcohol problems rates (Smart & Mann, 2017). But the strength of the evidence for this contention is disputed (Holder, 2017).

Moreover, a treatment system for alcohol problems is an essential part of an integrated national alcohol policy, but as an instrument of prevention of reducing societal rates of alcohol problems it is probably not cost-effective.

4.5.2 Creation of recreational facilities

Participants were of the view that recreational facilities should be built whereby members of the NDF can spend their time occupied by other activities such as gyms rather than focusing their energies in drinking or consumption of alcohol. According to Skog (2015) involvement in sports may go along with drinking as well as replace it. Historically, there are some clear substitutions for instance of coffee for alcohol in the classic temperance era in Norway (Skog, 2015). But in the modern era such effects are hard to find.

The few evaluation studies of providing alternative activities again from a restricted range of societies have generally not show lasting effects on drinking behaviour (Dimiti, 2016), though they undoubtedly often serve a general social purpose in broadening opportunities for the disadvantaged (Carmona & Stewart, 2016).

4.5.3 Upholding ethical standards

Research findings show that participants believe that upholding ethical standards such as superior consistence in the enforcement of the military disciplinary code can help minimise the problem of alcohol abuse in NDF. Research findings show that some of the participants were in support of ethical practices such as fair promotion at work so that others would not be frustrated because people without merit are promoted because of their qualifications.

4.5.4 Education and awareness

Participants stated that the provision of education and conducting awareness campaigns would help to minimise alcohol abuse. In this regard participants believed that alcohol education programmes could help them realise the adverse human security implications of alcohol abuse at workplace. According to Dimiti (2016) education can be offered to people who are abusing alcohol whether in the community or at the workplace. Education offers new information or ways of thinking about information and leaves it to the listener to draw conclusions concerning beliefs and behaviours (Dimiti, 2016). Research participants also revealed that awareness campaigns also help in minimising the issue of alcohol abuse. According to Ross (2012) mass-media campaigns aimed at persuasion have been a very common component of prevention programs for alcohol related problems. Most such campaigns are aimed at abusers have been successful. According to Lee (2017) in most societies, public health orientation persuasion about alcohol must compete with a variety of the persuasion messages including those intended to sell alcohol beverages.

The evidence that alcohol advertising young adults towards increased drinking and problematic drinking is become stronger. Even where alcohol advertising, is not allowed on the mass media, these messages are conveyed to consumers and potential consumers in a variety of other ways.

4.5.5 Deterrence

Research results show that some of the participants said that deterring alcohol intake was one of the ways in which alcohol abuse could be minimised. This entails making alcohol strictly unlawful in the barracks. Criminal laws discourage in two ways: the first one is by general deterrence which is the effect of the law in preventing a prohibited behavior in the population as a whole, and the second is the effect of the law in discouraging those who have been caught from doing it again (Ross, 2012). A law tends to have a greater preventive effect and to be cheaper to administer to the extent that has a strong general deterrence effect. In many societies, there have also been laws against military drunkenness (being in public place while intoxicated), and against intolerable behaviour while intoxicated.

4.5.6 Providing and encouraging alternative activities

Research findings show that the provision of alternative activities can be used to minimise alcohol abuse in NDF. Research participants were of the opinion that the provision of non-alcoholic drinks as an alternative to alcohol drinks can significantly reduce alcohol abuse in the NDF.

Another strategy as research results indicate is to provide and seek to encourage activities which are an alternative to drink or to activities closely associated with drinking (Dimit, 2016). This includes such initiatives as making soft drinks available as an alternative to alcohol beverages, providing locations for sociability as an alternative to taverns and providing and encouraging recreations for sociability as an alternative to leisure activities involving drinks. Providing alternative activities such as sports and recreational programs is perceived by the participants as a way to reduce alcohol abuse by military personnel in NDF.

4.5.7 Regulating the availability and conditions of use

Research results show that participants are of the idea that the availability of alcohol at the military base should be regulated. Participants believed that this can minimise the rate of alcohol intake by the military officers. The NDF management can intervene in this regard and reduce the availability of alcohol abuse inside the barracks and they can decide that alcohol intake can be allowed only during weekends by military personnel.

According to Ross (2012), total prohibition can be viewed as an extreme form of regulation of the market. With a general prohibition, typically the consumption of alcohol does fall in the population, and there are declines also in the rates of the direct consequences of drinking such as cirrhosis or alcohol-related mental disorder (Teasley, 2012). But prohibition also brings with its characteristic negative consequences including the emergence and growth of an illicit market and crime associated with this. Partly for this reason, prohibition for military may not be a live option in any development society although it is in some other societies.

According to Ross (2012), the rationing of alcohol purchases limiting the amount, individuals can buy in a given time-period has also been used as a means of regulating availability. Regulations restricting or forbidding advertising of alcoholic beverages attempt to limit or channel efforts by private interests to increase demand for particular alcoholic beverage products. Such regulations potentially complement education and persuasion efforts. State monopolization of sales of some or all alcoholic beverages at the retail and/or wholesale level has also been commonly used as a mechanism to minimize alcohol-related harm in the military

4.6 Conclusion

This chapter has presented research findings as regards the causes of alcohol abuse among military officers, the implications of alcohol abuse on human security as well as the ways that can be adopted to minimize alcohol abuse in NDF. The next chapter focuses on conclusions and recommendations.

CHAPTER 5: CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The preceding chapter focused on presentation of results and discussion. This chapter discusses the research findings, gives conclusions and policy recommendations as well as recommendations for future studies. The research analysed the implications of alcohol abuse on human security in Namibian Defence Force (NDF) using the case study of 124 Battalion, Karas Region.

5.2 Summary of findings

5.2.1 Reasons why military officers abuse alcohol

Primary data indicates that military officers abuse alcohol as a coping tool. Because of the military nature of their job, NDF personnel believe that if they consume alcohol they would be able to cope very well with the demands of their job. Because of the stress that comes with their job, alcohol can be abused as a way to avoid such stress. Research findings also reveal that military personnel abuse alcohol as a social norm. It is normal for soldiers to drink excessively. It is the culture of the organization that one has to drink in order to fit in very well.

Research findings show that participants abuse alcohol as a way of assimilating the military organisational culture. Participants said that alcohol abuse is perceived as a military culture therefore in order to embrace that culture they have to excessively use alcohol. Research findings show that NDF personnel abuse alcohol because they sometimes see drinking alcohol as recreation.

Participants indicated that there were no other better recreational activities apart from soccer and netball that they could engage themselves other than drinking alcohol. Recreational drinking as results of the study indicate is done as daily leisure routine as Namibia is not in a war times hence soldiers have no much to do at the barracks.

Research findings suggest that NDF personnel at Keetmanshoop abuse alcohol because their superiors are ambivalent as regards the enforcement of the military policy on alcohol. Research findings show that the superiors do not regularly enforce the military disciplinary code.

5.2.2 The effect of alcohol abuses by NDF personnel on human security

Research findings reveal that alcohol abuse is subversive to human security in Namibia. The study established that alcohol abuse by soldiers is subversive to national security as soldiers are supposed to be alert at all times, but alcohol makes them inattentive and obtuse.

Research findings show that when participants abuse alcohol they underperform their respective tasks. This poses security threats to the country and as a result people's protection is compromised and security is eroded.

Below is a table that summarises some of the effect of alcohol abuses by NDF personnel on human security:

Human security threats posed by alcohol abuse	Implications
Health security	Diseases and unhealthy lifestyle i.e. not using protection during sexual intercourse and thus can spread HIV/AIDS and other STIs.
Community security	Dysfunctional families and workplace relationship
Personal security	Physical violence; accidents; suicides; domestic abuse; and absent from work

Table 5.1 Effects of alcohol abuse in NDF

Source: Primary source

5.3 Recommendations

The study recommends that psycho-social support to those engaging in alcohol abuse be provided in form of therapeutic sessions with professionals can help treat alcohol abusers. The study also recommends that recreational facilities be built at the military bases. The research also recommends that the ethical standards be upheld at all times, deterrence rules and regulations be formulated and enforced consistently without discrimination.

The study also recommends that NDF should be providing and encouraging alternative activities as well as regulating the availability and conditions of use.

5.4 Recommendation(s) for future studies

Given the fact that the study did provide an exhaustive exploration of the human security implications of alcohol abuse at NDF in Namibia, for future studies, the study recommends a study that looks at the human security implications of alcohol abuse at an Air Force base.

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Appendix A



Faculty of Science

RESEARCH QUESTIONNAIRE

Topic: An analysis on the Human Security implications of alcohol abuse in the Namibian Defence Force (NDF): A case study of 124 battalion, Karas Region

My name is Maria Ndeyapo Kamati. I am studying towards Master of Arts in security and strategic studies at the University of Namibia. As part of the requirements for the fulfilment of the degree, I am conducting a research on human security implications of alcohol abuse in NDF: a case study of 124 Battalion, Karas Region. The information gathered through this interviews/focus group discussions will be useful in an effort to compile a research project on the human security implications of alcohol abuse in NDF: a case study of 124 Battalion, Karas region.

Participation in this component of the research is voluntary. In addition, information provided will be treated as confidential, and will only be used for the purposes of the study. Your participation or non-participation will not result in any disadvantage to you. Please be so kind to assist me to complete the following questionnaire to your best honest ability as this will help the researcher to determine the human security implications of alcohol abuse in NDF: a case study of 124 Battalion, Karas Region. If you have any enquiries, you are free to contact my supervisor Prof: Piet Van Rooyen at 061 206 4618 or at email address: rooi@unam.na.

Yours

Maria Ndeyapo Kamati

INTERVIEW GUIDE SECTION A: DEMOGRAPHIC INFORMATION

1. Age

23 to 30 31 to 40 41 to 50 51 and above

2. Rank

Gender:

Brg Gen	<input type="checkbox"/>	Lt	<input type="checkbox"/>	Sgt	<input type="checkbox"/>
Col	<input type="checkbox"/>	2Lt	<input type="checkbox"/>	Cpl	<input type="checkbox"/>
Lt-Col	<input type="checkbox"/>	Wo1	<input type="checkbox"/>	L/Cpl	<input type="checkbox"/>
Maj	<input type="checkbox"/>	Wo2	<input type="checkbox"/>	Pte	<input type="checkbox"/>
Capt	<input type="checkbox"/>	S/Sgt	<input type="checkbox"/>		<input type="checkbox"/>

3. Marital status

Married Single Widow Divorced

4. Work experience in NDF

Below 5 years 6-10 years 11 years and above

5. What is the highest educational level that you have completed?

No school

Junior Primary school (grade 1 to3)

Senior Primary school (grade 4 to 7)

Junior secondary (grade 8 to 10)

Senior secondary (grade 11 to 12)

Tertiary education

SECTION B: STRATEGIC RESEARCH QUESTIONS

What is the most type of alcohol you drink and why it is your favourite drink?

.....
.....

Where do you get alcohol?

.....

How often do you drink alcohol?

.....

Do you drink alcohol on duty?

.....
.....

If yes, can you explain why?

.....

.....

.....

Can you explain in detail why you abuse alcohol? (Factors contributing)

.....

.....

.....

How does alcohol abuse affect your execution of security functions/duties as military personnel in NDF?

.....

.....

.....

In your own opinion how does alcohol abuse risk the security of the people in NDF?

.....

.....

.....

In your own view what can be done to prevent alcohol abuse by military personnel?

.....
.....
.....

FOCUS GROUP GUIDE

The following are the focus group discussion questions

Do soldiers abuse alcohol at work?

In your own view, how alcohol abuses affect human security in NDF?

In your own view, why are soldiers abusing alcohol in NDF?

How can the causes of alcohol abuse in NDF be prevented or minimised?

END!!!!!!!!!!!!!!!

CENTRE FOR POSTGRADUATE STUDIES

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RESEARCH PERMISSION LETTER

Student Name: Ms. M. Kamati

Student number: 9807799

Programme: Master of Arts in Security and Strategic Studies

Approved research title: An analysis of the Human Security implications of alcohol abuse in the Namibian Defence Force (NDF): A case study of 124 Battalion, Karas Region

TO WHOM IT MAY CONCERN

I hereby confirm that the above mentioned student is registered at the University of Namibia for the programme indicated. The proposed study met all the requirements as stipulated in the University guidelines and has been approved by the relevant committees. Permission is hereby granted to carry out the research as described in the approved proposal.

Best Regards



Name: Prof. M. Hedimbi

Director: Centre for Postgraduate Studies

Tel: +264 61 2063275

E-mail: directorpgs@unam.na

02 Nov 2018

Date



NAMIBIAN DEFENCE FORCE

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WINDHOEK

Enquiries: Lt. Shindume x-2845
Our Ref: CDF/3/2/5/14 Your Ref:

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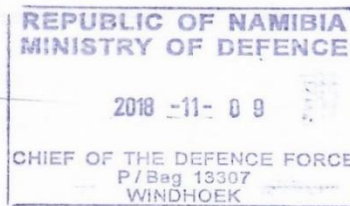
APPROVAL TO CONDUCT AN ACADEMIC RESEARCH

1. The student Maria Ndeyapo Kamati, student number 9807799, is studying with School of Military Science at the University of Namibia towards a Masters Degree in Security and Strategic Studies hereby granted permission to conduct an academic research in the Namibian Defence Force bases.
2. The research concerned a topic: *“An Analysis of the Human Security implication of alcohol abuse in the Namibian Defence Force: A case study of 124 Battalion, Karas Region”* Therefore render her your support in that regard.
3. Enclosed hereto, find the supporting documents for your action.

J MUTWA
CHIEF OF THE DEFENCE FORCE: LT GEN

PH/LS

- Enclosures: 1. Letter to the PS (from the Institution)
2. Research Proposal
3. Research Questionnaires
4. Research Programme



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PS

All official Correspondence must be addressed to the Chief of the Defence Force

