

ABSTRACT

The study was about family support systems and alcohol addiction recovery process among the youth of Nsambya village Makindye division, Kampala District, with an overall purpose of investigating the relationship between family support systems and alcohol addiction recovery process among the youth of nsambya, Makindye division in Kampala, so as to identify the appropriate measure that would be adopted for alcohol addiction recovery

The objectives of the study were;

1. To examine the influence of family support systems on alcohol addiction relapse among youth of Nsambya Makindye division.
2. To evaluate the role played by family support systems in abstaining from alcohol addiction among the youth of Nsambya Makindye division.
3. To investigate the relationship between family support systems and alcohol addiction recovery among youth of Nsambya Makindye division.

The study employed a case study research design. The sample size of 260 out of the total target population of 800 people was used. While conducting the study, various methods were used and these included use of questionnaires and interviews as data collection tools.

To obtain relapse, abstinence and family support, thematic analysis was used to analyze qualitative data and descriptive statistics, inferential statistics (Pearson coefficient correlation and linear regression) were used for quantitative data. The critical value level was set at 0.05 odds ratios report.

The findings of objective one indicated that there was a positive significant relationship between family support systems and alcohol addiction relapse ($r = 0.369$, $p = 0.001$). Objective two correlation analysis in table 4.11 indicated that R square (0.114) is the coefficient of determination telling us what is the proportion of the dependent variable explained by the predictor variable. Therefore, 11.4% of the abstinence from alcohol is explained by good family support systems. Objective three correlation analysis in table 4.13 indicated that there was a negligible positive low significant relationship between family support system and alcohol addiction recovery process ($r = 0.281$, $p = 0.011$). The findings suggest that alcohol addiction recovery process does not depend only on the family support system from the close people.

The study finding concluded that family support, relapse prevention, and abstinence were in agreement with literature reviewed. The study recommends that, there is need for proper understanding of the different stages of growth and development with their expected needs of good family support system