

Family plays a significant role in the stability of the society. Family is the basic unit of society. Understanding alcoholism within the context of the family is important. It is in the family that the alcoholic lives and socializes. Paternal alcoholism in Kenya is deep rooted and continues to affect the psychological and social wellbeing of the nuclear family. The aim of this study was to determine the effects of paternal alcoholism on the psychosocial wellbeing of the nuclear family in Murang'a County, Kenya. The researcher used descriptive research design. The target population was 1404 respondents. A sample size of 303 respondents was used, they included 99 spouses, 198 children and 6 addiction counsellors. Children aged 13 to 25 years were used as respondents because of their ability to relate the home environment to the study questions. Purposive sampling was used in the selection of the addiction counsellors and nuclear families within Murang'a County. The research instruments which were used in this study were structured questionnaire for the spouses and children and an interview schedule for the addiction counsellors. A pilot study was conducted to improve the reliability of the research instruments. The split-half technique was used to relate items in the tool and Spearman Brown Prophecy Formula was used to ascertain reliability. Reliability coefficient of 0.745 for the questionnaire was realized. The validity of the research instrument was ascertained through expert judgment by professionals in the field of addiction and supervisors from Chuka University. Data analysis was through descriptive statistics with the aid of the Statistical Package for Social Sciences version 23.00. The findings of the study indicated children of alcoholic fathers experience inability to do things as well as others, dissatisfaction in the relationship and lack pride. Paternal alcoholism was found to have adverse effects on interpersonal relationship between children and spouses to an alcoholic. Children and spouses of alcoholic experienced difficulty communicating, frequent conflicts within the home environment, lack of warmth in the relationship, inability to relate well with others and interference of family rituals and routines. Spouses of alcoholics were forced to take up additional responsibilities and were neglected. Emotional security of children and spouses was affected because they experienced feelings of embarrassment, insecurity, frustration and depression. The findings indicated that paternal alcoholism has a great effect on the psycho-social wellbeing of the nuclear family members in the form of self-esteem, interpersonal relationships and emotional security. Based on the findings of the study, it was recommended that there is need to develop treatment programs and intervention measures which address the adverse effects of paternal alcoholism on psychosocial wellbeing of nuclear family members. There is need for early identification and assessment of family members of alcoholics in order to develop prevention measures and reduce the long-term effects of paternal alcoholism on psychosocial wellbeing of nuclear family members. Addiction counsellors need to work in collaboration with chiefs and religious institutions because they are the first place where families reach out when seeking help for alcoholics.