

Abstract

Alcoholism is one of the chronic problems of a modern society. Many lives have been lost and thousand others ruined as a result of alcoholism. In the recent times, Alcoholic Anonymous (AA) institutions have been the desirable alternative to help rehabilitate alcoholics and restore them to full recovery. However, just how effective Alcoholic Anonymous is remains a subject of wide speculation. The purpose of this study was to assess the efficacy of Alcoholic Anonymous center in rehabilitation and recovery of alcoholics. The study adopted the *ex-post-facto* research design. The study was conducted in Asumbi Alcoholics Anonymous Centre in Homa Bay County of Kenya. The target population was 70 alcoholics registered at the Centre. Stratified random sampling was used to select 59 respondents for the study. The data was analyzed using the Statistical Package for Social Sciences (SPSS) Version 22.0 Computer programme. Descriptive statistics (frequency tables and percentages) were used in data analysis. The findings of the study showed that following of the 12-steps process by the clients significantly enhanced rehabilitation and recovery of alcoholics at the AA Centre.