

**THE EFFECT OF DRUG ABUSE AMONG PUPILS IN WATAMU ZONE
IN MALINDI DISTRICT (KENYA)**

BY

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DECLARATION

I declare that I conducted the study according to the guidelines given by Kampala International university supervisor. Through extensive reading of a variety of literature from different authors, newspapers, and cordial interactions with friends, teachers and professionals, I successfully carried out the research. More so, I was really assisted by the E.C.D.E teachers, parents and pupils themselves in these centres for providing me with the necessary information that acted as the success backbone to this research.

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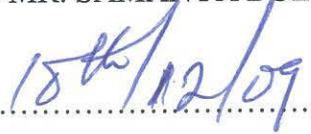
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APPROVAL

This is to certify that the research report is ready for submission.

Sign: .....

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Date: .....

DEDICATION

I dedicate this work to the almighty God for granting me His grace, good health and determination geared to the success of this work despite all challenges. This work is also dedicated to my wife Catherine, my children Sammy, Grace and David for their moral support, patience and the entire human fraternity during the research.

ACKNOWLEDGEMENT

I acknowledge with thanks my supervisor Mr B. Sammanya for his great assistance plus the entire Kampala International university for equipping me with the relevant research knowledge encouragement and guidelines also extend deep appreciation to my family for the tolerance and support which they offered during those wanting moments.

Many thanks also go to all those who in one way or the other supported me. These include my fellow teachers, parents from Mkaomoto and the innocent young ones who gave me a reflection of their parents and the community at large.

ABBREVIATIONS

N.A.C.A.D.A: National Agency for Campaign against Drug Abuse.

U.S.A: United States Of America.

E.C.D.E: Early Childhood Development Education.

N.G.O'S : Non governmental Organisations.

C. B.O'S : Community Based Organisations.

G.O.K: Government Of Kenya

D.I.C.E.C.E : District Centre for Early Childhood Education.

G.E.N : Genesis, the first book of the Bible.

SPSS: Statistical Package for Social Science.

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ABSTRACT

The study was designed to establish the effects of drugs on E.C.D.E children's academic performance in Watamu zone in Malindi District.

In order to realise the study, the researcher used interview guides and questionnaires to get the data intended. The researcher produced ten copies of interview guides and ten of questionnaire to gather the required information on misuse of drugs in the Watamu zone in Malindi district. Teachers of various schools assisted in interviewing pupils aged between 3-8 years on a drug abuse and its consequences there after.

According to the findings almost 90 percent of the entire children population in the zones used or have used drugs like mnazi, alcohol, bhang tobacco. As far as drug taking is concerned in the zone, it has a great negative impact on pupil's academic performances. Majority of the population score below average mark in every subject tested in any given examination. It has been concluded that most abused drugs in the zone were mnazi, alcohol, bhang and tobacco related substances.

Many access the drugs through their parents. If a parent smoker dropped a filter of the tobacco, the child used all means to pick it and smoke in private. Among the mijikenda in coast, Kenya, a child is allowed to test or take mnazi in the process serving customers. Such children feel confused and end up doing things against their wish.

The government should try to find out means of stopping such habit through local leaders like village elder, assistant chiefs and chiefs should be educated on how to protect their children from taking drugs at their tender age.

Through such collaborated awareness by teachers, civil servants and religious leaders on the effect of drugs, the society shall be declined from the grip of poverty and non-performance of children in schools.

CHAPTER ONE

1.0 Introduction

In this chapter, the researcher will deal with the background of the study, the purpose of the study, the research objectives, significance of the study, limitations of the study and delimitations of the study and finally the definitions of terms used in the study.

1.1 Back ground of the study

Human beings have been using alcohol and plant derived drugs for thousands of years as far as we know, since Homo sapiens appeared on the planet earth. History indicates that some of these drugs were used not just for therapeutics effect but also for recreation purposes (Oakley Ray and Charles Ksir.)

In some highly developed cultures, psychoactive plants played an important economic and religious role e.g. vines provided a good wine as indicated in the bible.

The French consume more alcohol per-capita than any other nation and has the highest rate of alcoholism, suicide and deaths from cirrhosis of the liver.

There are no bad drugs, but it's the behaviour and the way drugs has been used; from the perspective of psychologists who treats drug addicts, it's difficult to imagine what good there might be in heroin or cocaine. However, heroin is a perfectly pain killer and is used in many countries. In U.S.A, cocaine is a good anaesthetic and is still used for medical procedures.

Each of the drugs can also produce bad effects when people abuse them. When we blame the substance itself our efforts to correct substances related problems tends to focus exclusively on eliminating the substances, perhaps ignoring all the factors that led to the abuse of drugs.

In Africa, the youth are in danger of misusing drugs. The rich seems to make a lot of money by using children to sell dangerous drugs. The rich are employing the youths to work in drug businesses as drug traffickers.

The most dangerous drugs are now in the hands of the youth including children at ECDE level. They smoke bhang, inhale glue, use brown sugar and even take mnazi alcohol. As the researcher was looking for a lost pencil in the grass he ended up seizing a packet of cigarette, a matchbox and a roll of bhang. Imagine this was a boy in class two Kwaupanga primary school in Malindi. The researcher witnessed girls taking bhang and mnazi brews.

Just as Fredrick Frobel (1782-1852) established the first kindergarten in 1840 due to his great love for children, the researcher also feels the need to emulate him and assist by carrying out a research on how drug abuse can or has generally affected the performance of ECDE children in academic and social areas.

John Dewey (1859-1952) fought hard against child labour and discrimination. As he suggested, we should monitor each child experiences, assist and give direction. Region Emilio in his theory, he advocates for the need of good relationship among teachers and parents to develop sense of identity among children.

As a result of all the above, the researcher will try to establish the effect of drugs in E.C.D.E. children performance in school in Watamu zone, Malindi. This is a tourist area where all sorts of drugs are available due to its attractive sites to tourists from different nations who come with them.

Although there many bodies fighting against the use of drugs and even the anti-trafficking police, a lot of effort is still needed to sustain the humanity nature to all human beings on earth.

1.2 Statement of the problem

Despite all efforts made by the government of Kenya, non-governmental organisations faith based organisations, N.A.C.A.D.A. and school curriculum, there is still a lot that needs to be done on the effects of drugs.

Young people continue using illicit drugs bearing in mind the consequences and harm that they bring to the overall human health.

This has also influenced the ECDE children and their performance in many ways such as school dropout, delinquency, truancy and the general academic performance. When they are adversely affected the researcher herein, investigate how the misuse of drugs has affected the academic performance of ECDE children aged between 5-8 years in Watamu zone Malindi district. The researcher considers drug abuse as paramount concern in connection to ECDE children performance in various schools.

1.3 Purpose of study

With tremendous poor performance in E.C.D.E school in the zone. The purpose of the study was to establish effects of drugs on early childhood development and education on their performance, academically in their centres of formal learning especially in Watamu zone in Malindi district, with the aim of coming up with possible solutions to enhance good academic standards among children.

1.4 Objectives of the study

The study was guided by the following objectives:

- i To identify the mode which children use to access such drugs in Watamu zone, Malindi district.
- ii To determine the effects of drugs among children aged 5-8 years in their academic performance.
- iii Finding out intervention measures .

1.5 Research questions

- i) What are the ways through which children access drugs?
- ii) What are the effects of drugs to the pupils?
- iii) what are the solutions to drug abuse?

1.6 Scope of the study

The research took place in Watamu zone which is bordering some few schools from central zone and river Galana to the north, Indian Ocean to the south, to the east schools from central zone and to the west Arabuko sokoke forest. The distance from main town is about 40 km.

There 73 ECDE centres and 19 primary schools in the zone which has an enrolment of 5,500 children, 78 trained teachers and 29 untrained which total to 107 teachers. The ECDE centres are sponsored by different group's i.e. parents, churches private ownership, some by the NGO'S and some by the municipal council.

The study involved parents, teachers and even pupils who were the affected ones in the study and aired out reliable information during the study.

1.7 Significance of the study

The relevance of this study is meant to:

- Help identify children who use drugs.
- Identify the means which they access drugs at their tender age.
- Bring into attention the government hierarchies and other advocacy to intervene and stop the use of drugs by children.
- Suggest ways in which drug addicted children can be assisted to lead a normal sober type.
- To avail the relevant information on how drug can ruin the entire life of a child if left unattended to.
- To improve the entire academic performance in all ECDE centres in Malindi and the entire district

The study is meant to be relevant to teachers, the community, administrators, NGO'S, CBO'S, G.O.K. and the ministry of health with the aim of safe guarding the holistic development of a child.

1.8 Limitations

The main obstacles during the study were time, finances and shortage of references books.

Time: There was limited time as the researcher had to balance between place of work and conduction of the research.

Finance: There were financial constraints as a result of economic shake-up in the whole country. Travelling from one place to another e.g. libraries, accessing relevant literature from the internet and even typing services equally requires finances.

Reference books: There was shortage of literature books and that forced the researcher to rely heavily on KISE modules.

1.9 Delimitations

The researcher designed interview guides which were meant for children. Teachers were required to interview children and record their responses in the interview guide. This reduced travelling costs and time used in data collection.

1.10 Operational definition of terms

Mnazi: A locally produced alcohol tapped from coconut tree.

Cocaine: A stimulant, the primary active chemical in coco.

Feel high: To feel more energetic and more active than normal.

Dizzy/Perplexed: To feel unstable and want to fall.

Drug: Any chemical substance that can affect body functioning.

Holistic: The all round development of a child i.e. mentally, physically, spiritually and morally.

Mangweni: A sitting place where mnazi alcohol is sold and taken.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

In this chapter, the researcher is going to discuss related reviewed literature guided by the research objectives as he pursues the study on the effects of drugs on children aged 0-8 years in Watamu zone in Malindi district. In this content therefore the following will be focused;

Definition of drugs, the types of drugs that can be misused by children, ways or methods used by children to acquire drugs, effects of drugs especially on small children, anti drug bodies and intervention measures.

Definition of drugs

According to the oxford dictionary learners (2005), a drug is a chemical which people use to give them pleasant or exciting feelings. It goes further to say that a drug is a chemical which is used as a medicine.

It also talks on hard drugs such heroin and cocaine. It says that soft drugs are obtained only with a prescription from a doctor. In the same text it says that a drug abuser is a person who cannot stop taking drugs.

According to the researcher a drug is a chemical substance that is taken to give somebody back his/her health which subjected to ill health. Let us try to identify types of drugs which have an impact on human beings if misused and especially on children.

2.1 Types of drugs that can be misused

According to the "Saturday Nation Newspaper" of June 21st 2008, on its headline, it wrote "Revealed students drowning in alcohol"

According to this headline, it shows that alcohol is highly abused by the youth. In any occasion of their celebrations, you will find that the youth feel high when they take alcohol.

There are many alcoholic sachets which are easily accessible by youths in any local shops or market.

In Kenya nearly, every community has its own local brew. Among the Taita there is “Mubangara” Kikuyu take “Muratina” the Luhya take “chang’aa” and the Mijikenda take “Mnazi” from a coconut tree.

In Malindi district, mnazi is leading as a local brew which is taken by almost every member of the society. Young babies are given mnazi to send them into deep sleep in case they are crying anyhow or in times of hunger.

As long as one can afford a bottle of ‘mnazi’ at twenty shillings, one is entitled to drinking it either at home or at the “mangweni”

Another drug misused is bhang. Bhang is locally available. In kiosks it’s sold, the youth take it openly while the under teens watch.

The teens take it, passing it over to the children even four years old. Among the Malindi residents especially at Kisumu ndogo, Sheila and managing, the researcher was astonished when he discovered that the nursery children know a lot about bhang. They can smell it even at a distance of about fifty meters away!

Cigarette is also another drug that is highly abused by the youths in Malindi. According to Professor David Deter he says that access to alcohol or cigarettes is easier to students because they can afford sticks or smaller amounts.

As the research reveals, drug taking increase with advancement in education i.e. 11.5 percent in primary, 28.6 percent in early secondary school life, and 45.3 % in form four.

When such students were asked why they take drugs, they said that they wanted to get high for emotional relief, peer pressure and curiosity. Others turn to drugs to deal with anxiety or as an adjustment tactic to the new environment in the school.

Another category of drugs is the glue sniffing by E.C.D.E children. The young children who have been left or abandoned by their parents end up in streets and use glue to make themselves feel away of their problems i.e. to get relief or forget their problems.

2.2 Ways in which children access such drugs

Many children acquire drugs in many ways. Children abuse drugs at their tender age.

Drug abuse is the intentional use of drugs for another reason other than their intended medical purpose. Drug abuse interferes with physical, social and mental well being of an individual. This is according to core module of teaching and learning in the primary classroom.

a) Through parents.

Many children who abuse drugs come from families where their parents or some members of the family are drug abusers says professor David Ndeti a lecturer of Nairobi University and a director of the foundation of African Mental Health foundation.

Regio Emillio in his theory suggested that a good relationship among children and parents should be established to develop proper sense of identity.

A pregnant mother may affect the inborn child when she takes alcohol or any drug. The child may be born underweight and may not develop well.

A smoking father, releases fumes of cigarettes to the child he is holding. The smoke interferes with the central nervous system of the child.

What a parent takes goes straight to the unborn child. I wish to guess that a drunkard mother, who is suckling passes over the alcohol to the children through breast feeding. Some children are brought up in homes where parents use or sell substances. Sometimes the young sell such substances on behalf of the parents. Exposure predisposes some of the children to substance use and in due course substance abuse (drug abuse).

In Kenya there are homes where alcoholic drinks are kept in open cabinets that are easily accessible to the children. There are also parents who smoke openly and even send their children to buy cigarettes for them. Others are served with alcoholic drinks by children. Such exposures influence the children to experiment with illegal drugs and other substances. (Mrs. Petty Numbi Kimweli)

b) Through association with other family members.

A chick will always do and eat any kind of food as long as the mother chicken eats it. In other words, children tend to eat and taste any kind of edibility by those people around.

A smoking father will lure his son into smoking by starting with the cigarette remain thrown by the father. A child copies anything which seems interesting to him or her.

A child will do the activity in a secret place if the environment cannot allow him do it openly. Some house helps end up giving the crying child a glass or cup of mnazi in order to make the child fall asleep. Some use piriton although that is not what the researcher is going to dwell on.

At Mtangani village, children are trained at their tender age on how to become good sellers of mnazi and attractive to drunkards. Through day by day sell of 'mnazi' they become better at the work than their parents.

They can serve their customer in a better way than their parents. They end up being absorbed in the mnazi business which they say "uchi na ache" this means mnazi alcohol

goes hand in hand with women. Eventually, the child becomes affected and abandons learning in a primary school.

Some children copy drug taking from the peer members. “Birds of the same feathers fly together” the saying goes on. If you walk with a friend whom you admire his or her character you will eventually end up copying everything she or he does.

So through peer pressure, children succumb to the queer behaviours which are socially unacceptable.

2.3 Effects of drugs on E.C.D.E. children

Substance taking may ruin ones mental capability. Experts are sounding alarm bells after two new studies revealed that school children as young as 8 years are falling prey to drug abuse. They are warning of major economic costs and loss of the country’s workforce.

Hospitals are swamped with youths who have mental illness. The youth are also at higher risk of contracting H.I.V and Hepatitis C viral and have a tendency to drop out of school and get unwanted pregnancies. Experts warn that alcohol and cigarettes use is a gate to abuse of stronger drug like cocaine and heroine.

A researcher at African Healthy Foundation says that in the past four years, the use of alcohol and other drugs among young people had increased by 71 percent.

Men who abuse alcohol according to survey found that they suffer from mental illness leading to insanity.

In kirinyanga district out of 1,386 psychiatric patients who visited local medical institution between January and February 2008, 809 were male aged 18-40 years as they were prone to smoking bhang, chewing miraa and drinking illicit brew.

A case study of patient at Mathare psychiatric hospital, titled “Alcohol, substance abuse and psychiatric co-morbidities” reveals that upto 34 percent of 238 patients admitted from

schizophrenia- a serious mental illness that affects how a person thinks, feels and behaves.

Another 20 percent had mood disorders among other illnesses, according to Saturday nation of 21st June 2008 page 5.

Findings of a research published (2007) by behavioural science laboratories at Veteran. Affairs medical centre Oklahoma City, USA shows that anybody with a family history of alcoholism is at risk of developing alcohol disorders.

William R. Lavallo, the director of the centre says that the genetic pre-disposition to alcohol abuse happens when either or both of person's parents have had an alcohol problem or have genes that predispose to heavy alcohol consumption.

The study also reveals that families of those who abuse alcohol and other drugs spend colossal amounts of money in medical expenses including injuries sustained in accidents or paying for rehabilitation.

For example at Mathare national hospital a two week rehabilitation programme for drug abusers costs at least kshs 5,600,000.

At E.C. D.E level, drug abusers cannot concentrate in class. The child is full of abusive language, display evasive behaviour, insults and often tells lies.

The drug users lure other upright individual into truancy and dropping out of school. This is according to T.S Omar and L. Nyangasi. They continue to argue that, drug leads to increase aggression, stealing money to buy drugs, inability to think clearly and poor performance

Generally in accordance to the above, pupils who abuse drugs perform poorly in school. This may be due to lack of concentration or poor vision. The pupil may lose interest in studies and eventually drop out of school. To another extent drug abusers easily become victims of rape or become violent and attack others. This may lead to the spread of

H.I.V/AIDS and other sexually transmitted diseases not forgetting unwanted pregnancies which hurts the victims emotionally.

Since experts have come up with information that drug abusers suffers from schizophrenia which is a serious feelings and behaviour the E.C.D.E children cannot escape from disease.

The research is interested in establishing a report on those children who are exposed and uses drugs in one way or another.

2.4 Intervention Measures

Henry E Embeywa, Et al argues that the use of drugs is on the increase. This creates the concern for all to try and solve this problem. Drug users are rarely able to stop on their own. There are organizations that have the knowledge and facilities to help in the treatment. The treatment may involve the use of medicine and counselling.

Drug users should engage in various sports and entertainment activities such as Going to watch movies, playing football, volleyball, hockey, running and farming.

Drug abusers should be guided to help them understand the effects of drugs on their lives, seek medical treatment incase of mental disorders, learn how to live and adjust without taking or abusing drugs and other substances.

Drug users can also be counselled to enable them to socialize and fit in the society, it also assists addicts to identify factors that led them to abusing drugs and come up with ways of moving away from the problem and therefore develop behaviour change.

Through counselling, drug addicts can be assisted to understand that drug abuse is a behaviour they learnt and they could get out of it.

Drug abusers can be encouraged to seek medical treatment by being diagnosed and be administered correct drugs.

Rehabilitation is another intervention measure which helps drug abusers. Rehabilitation refers to any process, procedure or programme that enables a drug addict to function at a more independent and personally satisfying level.

It combines coordinated use of educational, social and vocational measures for training or retaining individual to the highest level of functional ability (ILO, 1948a). The program can be utilized to enable former drug dependent persons to re-enter society and be useful and productive members. (Module EBD 030)

The rehabilitation process may involve vocational training where they learn skills such as drawing, carpentry, basketry, carving, weaving and pottery that will help them occupy their minds for an idle mind is devils workshop.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter contains the following sub-topics which marks the road map of the research. The research design, location of the study, target population, sampling techniques, research instruments, procedure and data analysis.

3.1 Research design

The researcher used qualitative and quantitative design. The researcher used this approach because he was trying to know the children involved in drug abuse, their behaviours and values, the information got was analysed numerically.

The researcher targeted E.C.D.E learners, teachers and parents by the use of interviews schedule to collect data.

3.2 Sampling Techniques

The researcher used random technique to obtain information from of pre-primary and nursery schools commonly known as E.C.D.E centres in Watamu zone, Malindi district. The names of pre- schools found in the zone written on pieces of papers and folded, shaken in a container and seven picked randomly of which were considered for collecting information. The information was used to generalise the effects of drugs on the E.C.D.E children's academic performance in Watamu zone.

3.3 Target Population (Sample)

The researcher targeted Watamu zone in Malindi district which has 73 E.C.D.E centres both public and private ones.

There were also 19 primary schools in the zone. The researcher considered 10 percent of the centres and teachers within the zone due to time factor and the expenses involved.

3.4 Research instruments

The researcher used interview schedules which were dispatched to teachers and parents. The researcher also used observation checklist prepared purposefully for E.C.D.E pupils

3.5 Research Procedure

The researcher obtained a letter from the institution to be allowed to reach respective schools, Watamu zone Malindi district. The researcher asked permission from school head teachers for smooth running of the research process.

In preparation to carry out a research, the researcher borrowed research materials such as books for guidelines on research, books to assist in literature review, news papers, necessary information from lectures and internet.

The researcher targeted 10 percent of the schools in Watamu zone, Malindi district. This was approximately 9 schools. The research proposal and every bit of methodology were based on case study and the design which was used was both qualitative and quantitative. More so interview schedules were dispatched to the teachers and parents to collect information. Observation checklist for E.C.D.E pupils were also used.

The data was presented using pie charts, tables and bar graphs. Researcher used qualitative and quantitative approaches to arrive at conclusion of findings (Nsubuga 2008- fundamentals of educational research). At the end, the researcher made recommendations from the data collected.

The data was analysed using tables, bar graph and pie chart.

3.6 Data analysis

When all information was obtained through interview schedules, the researcher combined them together and coded them in a book.

Data was compiled under each area of study going hand in hand with the objectives drawn.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

4.1 Introduction

The study was based on the effects of drugs on early childhood development and education on academic performance in Watamu zone Malindi District.

The study had three objectives namely:

- i) To identify the mode which children use to access such drugs in Watamu zone, Malindi.
- ii) To determine the effects of drugs among children aged 5-8 years in their academic performance.
- iii) Finding out intervention measures.

The findings of this study were presented in topics and subtopics as guided by the objectives and responses contained in the filled questionnaires, interview guide and observations.

Table 4.1 The number of children between 5-8 years used or uses drugs.

RESPONSE	FREQUENCY	PERCENTAGE
Yes	15	75%
No	5	25%
Total	20	100%

According to the response obtained and the data collected, it indicated that majority of the children tested and some continue using drugs up to date among the twenty people interviewed only five said "NO" to drugs, 75% are exposed to misuse of drugs.

Table 4.2 How children acquire drugs and misuse them.

Response	Frequency	Percentage
Through parents and grown ups	18	90%
Through friends and peers	2	10%
Total	20	100%

The table 4.3 shows that 18 children gets drugs through parents and grown ups or elder. It is only 10% who swindled drug in associate with their peers. The information is presented in the pie chart below.

Figure 4.1. How children acquire drugs and misuse them

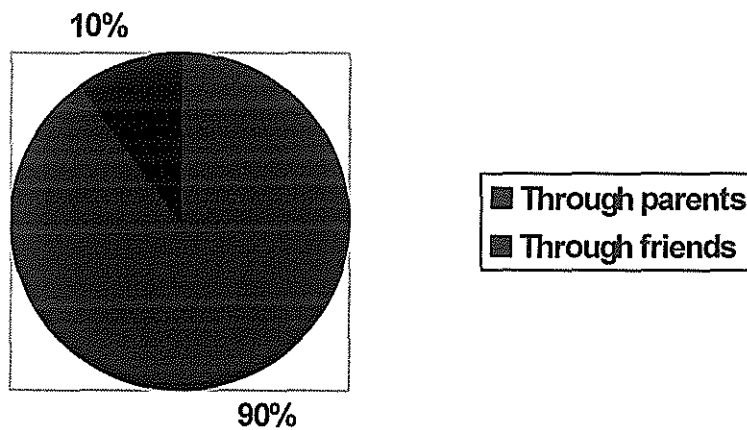
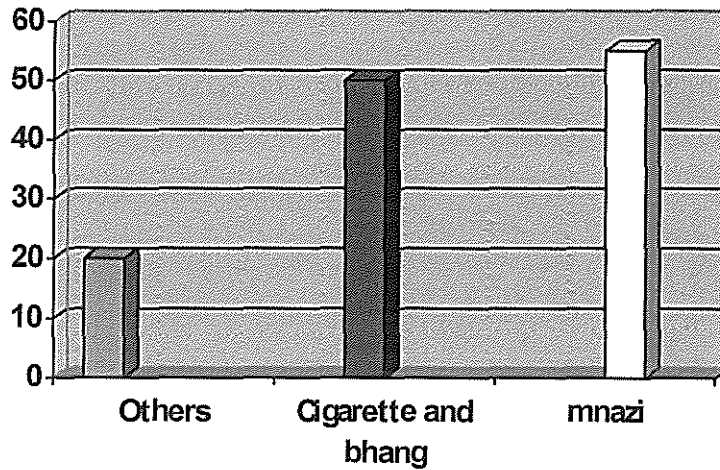


Figure 4.2. The types of drugs that are misused by E.C.D.E children aged between 5-8 years.



According to the above bar graph, it shows that there is a relationship between those pupils who take mnazi and those who smoke either bhang or tobacco.

All children who are in E.C.D.E centres in Malindi zone do smoke at the same time take mnazi. This indicates also those two types of drugs are mostly used by parents making it easier for the children to have an accessibility of the same.

Table 4.3 The effects of drugs on the academic performance of learners and how they felt after using drugs.

RESPONSE	FREQUENCY	PERCENTAGE
Feel high	2	10%
Confused	18	90%
Total	20	100%

As illustrated in table 4.3, majority of the children did not feel good after taking mnazi or cigarette. They feel confused and dizzy. Only 10% of the children felt high.

Children who take drugs run out of their normal senses and can either become sick or indiscipline in their conduct.

A child who is under the influence of drugs can do anything he/she feels at that particular time.

Some don't attend classes, others become unruly while some suffer from parkinsonis disease Oakley Ray and Charter Ksir 2002 in drug society and human behaviour.

That feeling is what they are seeking for, some say that they feel high making them realize another problem free world around them, which is just but an illusion.

Table 4.4 How children who take drugs score in their examination.

RESPONSE	FREQUENCY	PERCENTAGE
Above average	2	10%
Average	6	30%
Below average	12	60%
Total	20	100%

As illustrated above, majority of the drugs users among E.C.D.E children get below average marks, ranging from 0% to 40% in their examinations and general academic performance. Around 6 pupils out of 20 get between 50% and 70% in their examination and very few get between 80% - 100%.

This shows that those pupils who are exposed to drug use perform poorly. 12 out of 20 children get good average marks.

The research has revealed that very few children get good marks although they are not steady.

In one examination the same pupil who gets 80% can get 20%. This is due to the effects of the misuse of drugs such as mnazi and tobacco

CHAPTER FIVE

SUMMARY, DISCUSSION, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

Here the researcher shall deal with the research summary, discussion, conclusion and the recommendations as guided by the research objectives which were derived from the main topic :- to establish the effects of drug abuse among pupils in Watamu zone, Malindi District.

5.2 Summary

The study was designed to establish the effects of drug abuse among pupils in Watamu zone Malindi district. The study was guided by the following objectives:-

- i) To identify the mode which children use to access such drugs in Watamu zone Malindi district.
- ii) To determine the effects of drugs among children aged 5-8 years in their academic performance.
- iii) Finding out intervention measures.

A few suggestions were made as regards the importance of the study findings which were done through questionnaires and interview guides.

The main delimitation was the restriction of the study to only those respondents who are freely willing to give their required information.

Limitations were pointed out as being lack of finance, time factors and transport difficulties among others.

The study approach was based on case study and the design was both qualitative and quantitative.

Related literature was reviewed from broad spectrum to local perspective from various authorities. The target population was children between 5-8 years.

Both interview guides and questionnaires were distributed by the researcher to the teachers of E.C.D.E centres to interview their children (respondents) and collected after completion.

Data analysis was done by the researcher using frequency distribution tables as guided by the spss.

5.3 Discussion

According to the study 75% of the children Watamu zone in Malindi District are drug users up to date. As long as the environment full of these drugs, children consume what is within their reach.

Ninety (90) percent of the children interviewed said that they use the drugs which they see their parents or drugs using. Majority said that they swindle such drugs within their homes. Very few buy drugs direct from the sellers.

According to the findings, the commonly drugs by the children were mnazi, alcohol and tobacco. Within the tobacco users there is bhang which most of these children do not recognise openly because it is refilled in emptied cigarette. They remove the tobacco and fill in bhang although by the look you will think that it is tobacco.

According to Oakley Ray and Charles ksir in their 9th edition book on drugs, society and human behaviours, say that human beings have been using alcohol and plant derived drugs for thousand of years since Homo sapiens first appeared on earth. They add on saying these drugs were used not just for therapeutics effects but also for recreational purposes although some people have always overused, misused and abused such substances.

As regarding the effect of the respondents indicated that they feel confused when they take such drugs like bhang, tobacco or mnazi alcohol 90% said that they feel perplexed and only 10% said that they feel high. Those who feel confused or perplexed said that they felt like sleeping or falling down and not understanding their environment since the whole world seemed to be watching.

As regarding their performance in class 60% of drug users do not achieve much but below 50% marks in class. Only 10% have a record of scoring above average

The study indicated that 60% of the children who misuse drugs perform poorly in class.

According to researchers at Africa mental health foundations as reported in the newspaper of Saturday Nation of June 21st 2008 found that drug abusers suffers from mental illness affecting children academic performance in schools.

5.4 Conclusion

Based on the study, findings on the effects of drugs on E.C.D.E children academic performance in Watamu zone, data has revealed that misuse of drugs has resulted into poor performance in schools.

Drug abuse, misuse or over use among small innocent children is the major problem in Malindi district and the entire country.

Children on their own cannot access such drugs like mnazi alcohol or bhang without collaborating with parents or grown ups.

What a mother chick feed on, the chick also shall feed on the same.

As indicated by many researchers everywhere in the world concerning drug and drug abuse, those who misuse drugs have no change of running away from its consequences like behavioural change, chronic diseases like brain damage, liver disorder (cirrhosis) heart diseases and immune deficits of the body.

5.5 Recommendations

The researcher wishes to suggest the following correctional measures;

1. The government should take its stand against drugs by using police force to track down those who infiltrate such drugs like cocaine, heroin, brown sugar and many others into the country.
2. The office of the president through the village elders, assistant chiefs and chiefs should be vigilant in their own jurisdiction areas such leaders can control the use of mnazi alcohol and other locally available drugs such as tobacco, chang'aa, glues and many other locally produced drugs.
3. Parents should not allow children to access such drugs. They should not send children to buy them tobacco products, mnazi brew or any other drug whatsoever. Parents should stop taking such drugs in their homesteads since what children do is a reflection of their environment and the entire society.
4. Teachers, the clergy and other religious bodies, the anti-drug organisations like N.A.C.A.D.A should use their position to create awareness on drug abuse or misuse. They should not base their awareness on international awareness but address the issues affecting the common man in Kwaupanga village who cannot live without taking mnazi alcohol daily.

Let them talk about the effects of mnazi alcohol economically and in personal achievements or actualization creating awareness not only on cigarette smoking but also tobacco sniffing and its side effects especially on the small inborn children who become addicted even before they are born and school going children.

If it were not the misuse of mnazi alcohol in the entire Malindi district, all the people in the area could have been rich as the name Malindi suggests "Mali – ndi" meaning a lot of wealth.

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APPENDICES

APPENDIX I:

INTERVIEW GUIDES ON DRUG ABUSE AT EARLY CHILDHOOD DEVELOPMENT AND EDUCATION CENTER CENTRAL ZONE MALINDI DISTRICT

1. Have you ever tasted /taken any drug since you're born?

Yes

No

2. If "yes" how did you access that drug?

Through parents/ grown ups

Through peer friends

3 What type of drug did you take?

Mnazi

Cigarette/Bhang

Others

3 How did you feel when you took such drug?

High

Confused

4 How many times have you taken that drug?

Once

Twice

I can't tell

6 how do you score in class during examination?

Above average

Average

Below average

APPENDIX II:
WORKING TIME TABLE

TIME	WORK
May to July	<ul style="list-style-type: none">- Choosing a topic and target population.- Setting out objectives of the study.- Reading the related literature.
September	<ul style="list-style-type: none">- Designing observation guides and type setting them.- Distributing the observation guides.
October	<ul style="list-style-type: none">- Data collection.- Data analysis.
November	<ul style="list-style-type: none">- Reorganizing the work for typesetting.- Handing over the research paper to the supervisor.

APENDIX III
RESEARCH BUDGET

ITEM	KSHS
Stationery	1,500.00
photocopying	1000.00
Type setting	3000.00
Transport	1000.00
Contingencies	1000.00
Subsistence	1000.00
Total	8500.00