

**AN INQUIRY INTO THE SOCIAL CONSEQUENCES OF DRUG ABUSE AMONG THE  
YOUTH IN NAKAWA DIVISION, KAMPALA DISTRICT.**

**BY**

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**Declaration**

I Namudira Hjira, I declare that this work is my original and has never been presented to any institute of higher learning for any Award.

Signature

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Date

07 / sept - 2012

**Approval**

This research work was submitted to the faculty under the approval of my supervision.

Signature

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Date

8 October 2012

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## **Definition of Key Terms**

**Unemployment:** This simply means a scenario where by one is unable to find work and yet has the necessary skills.

**Drug abuse:** Refers to the act of using unrecommended drugs in the body for different gains such as marijuana.

**Risk behaviours:** Refers to those kinds of manners that are not suitable for the society.

## ABSTRACT

This study was on an inquiry into the social consequences among the youths in Nakawa division Kampala District. The study was carried out for a period of one month.

The need for the study arose due to the high rates of drug abuse among the youths . The researcher used in-depth interviews, key formants, Observations and documentary review during the study based on the objectives such as establishing the causes of drug abuse among the youths, the effects of drug abuse and the strategies towards drug abuse. The researcher used a sample size of 60 people and used Statistical package for social sciences for easy analysis.

The research study had the following findings, as far as sex was concerned, the male respondents with 66% were the most being followed by female respondents with 40%. This was because the females were always absorbed with domestic chores hence could not be easily approached. Basing on age, majority of the respondents were between the age of 19-20 (37%), 22-35 were 33% while between the age of 30-40 were 18%. The last group was between the age of 45-56 with 11%.

The marital status showed that 60% of the respondents were married, 25% were singles while 15% had divorced. To them they claimed that their husbands failed to provide the basic needs. The educational levels indicated that 35% were primary dropouts and perhaps could explain why drug abuse was high, 26% studied up to institution level while 18% had attained degrees.

Basing on the causes of drug abuse, peer influence with 36% was noted to be leading cause being followed by stress 23%, illiteracy with 22% polygamy with 16% while conflicts with 3% came last. The study also found that as far as the role of civil society was concerned in the reduction of drug abuse, it had carried out sensitization to the masses 33% so as to curb the situation, 20% set up laws governing drug abuse such as payment of fines, imprisonment among others. 18% , 16% provided education such as adult functional literacy, while 13% showed that the government should provide employment opportunities.

Recommendations such as The civil society should cooperate with the grass root people so as to ensure that drug abuse cases are reported. The information obtained from this study may help actor's human resource departments, ministry of Labour and the government in general to reduce on the problem of drug abuse. The research study was limited by the inadequate financial services that limited the researchers movement and finishing the research study.

## TABLE OF CONTENTS

Declaration.....	i
Approval .....	ii
Dedication.....	iii
Acknowledgements.....	iv
Definition of key terms.....	v
Abstract.....	vi
Table of contents.....	vii
List of tables .....	x
<b>CHAPTER ONE .....</b>	<b>1</b>
<b>THE PROBLEM AND ITS SCOPE .....</b>	<b>1</b>
Background of the Study .....	1
1.1 Statement of the Problem.....	2
1.2 Objectives of the Study.....	2
1.2.1. General Objectives.....	2
1.5 Scope of the study.....	3
1.4 Significance of the Study.....	4
<b>CHAPTER TWO .....</b>	<b>5</b>
<b>LITERATURE REVIEW .....</b>	<b>5</b>
2.0 Introduction.....	5
2.1 A General View of Drug Abuse .....	5
2.2 Causes of drug abuse .....	6
2.3 Peer Pressure and Influence.....	7
2.2.2 Relieve from Stress.....	7
2.2.3 Economic Gains.....	8
2.2.4 Political Reasons /Armed conflicts.....	8
2.3 Impact of Drug Abuse on the youths.....	9
2.3.1 School Drop out.....	9

2.3.2 Crime Rates .....	10
2.3.3 Mental Disorders .....	11
2.3.4 Unemployment .....	12
2.3.5 Risk Behaviours.....	12
<b>CHAPTER THREE.....</b>	<b>14</b>
<b>METHODOLOGY .....</b>	<b>14</b>
3.0 Introduction.....	14
3.1 Research design .....	14
3.2 Area of study.....	14
3.3 Study population.....	14
3.4. Sample size and selection .....	14
3.3.3 Sample procedure .....	15
3.5 Sources of data.....	15
3.6 Methods of data collection.....	15
3.7 Data processing.....	16
3.8 Data Analysis.....	17
Ethical considerations.....	17
<b>CHAPTER FOUR .....</b>	<b>18</b>
<b>DATA FINDINGS, ANALYSIS AND INTERPRETATION OF FINDINGS .....</b>	<b>18</b>
4.0 INTRODUCTION .....	18
<b>CHAPTER FIVE .....</b>	<b>24</b>
<b>SUMMARY OF THE MAJOR FINDINGS, CONCLUSION AND RECOMMENDATIONS ..</b>	<b>24</b>
5.0 Introduction.....	24
5.1 Summary of the study .....	24
5.2 Conclusions .....	24
5.3 Recommendations.....	25
5.3.1 Promote sensitization against drug abuse.....	25



5.3.2 Recognize the seriousness and increase the priority placed on drug abuse as a social problem .....	25
5.3.3 Expand alternative development as a means of drug abuse prevention and control .....	26
5.3.4 Increase knowledge of drug abuse problems and effective intervention.....	26
5.4 Areas for further research .....	27
REFERENCES .....	28
APPENDIX (I).....	30
Questionnaire for NGOs.....	30
APPENDIX (III).....	32
Questionnaire for Police .....	32

## LIST OF TABLES

Table 1: Sample frame work.....	15
Table 2: Showing sex according to respondents.....	18
Table 3: Showing age according to respondents .....	18
Table 4: Showing marital status according to respondents .....	19
Table 5: showing educational level according to respondents .....	20
Table 6: showing religion according to respondents category .....	20
Table 7: Showing occupational level according to respondents.....	21
Table 8: showing the causes of drug abuse .....	21
Table 9: strategies that can be used to fight drug abuse .....	22
Table 10: showing the effects of drug abuse on the youths.....	23

## CHAPTER ONE

### THE PROBLEM AND ITS SCOPE

#### **Background of the Study**

It is no doubt that the issue of drug abuse is one of the major and identifiable problems affecting Uganda's society today. This problem of drug abuse is on the increase more especially with the youth and sometimes it encroaches on the elders in urban centers. An attack on this fast growing problem of drug abuse among the youths has been intrinsic aspect of development activities within the government and the voluntary sector but majored on the negative effects Baya 2004).

In the study carried out by Friends of Children Association (FOCA 2001) on street and urban slum youth, it found out that Cannabis, Khat, Petrol or Jet fuel, tobacco and alcohol are widely abused in Kampala city and main sources of drugs are places like Bwaise, Kawempe, Nakawa and Kalerwe. There is a high number of school drop out in Nakawa division, not because their parents do not have money but just because of peer influence on sniff drugs and this has resulted into very many other problems like unemployment, mental disorders caused by stress and also high crime rate in this are just because the (youth) adolescents are redundant in the area and do not want to work (MK. Daniels 2006)

According to Kigozi (2007) Butabika Hospital in his survey indicated that 5% of the population are dependent on drugs and 20-30% are regular heavy users. It is also known that 10% of the admission from Butabika hospital (1980) were drug and alcohol related. To the United Nations (2000), in a declared decade against drug abuse, young people need to know that indulging in drug abuse leads to fatal consequences crimes due to redundancy which cannot be reversed resulting to death.

According to Kigozi and Mr. Kasirye (2004) Butabika hospital, said that Uganda is graduating from producer, transit country to a consumer. Drugs which are not locally within the East African regions are smuggled from India. En route to South Africa and European markets of these include Cannabis, Heroin, Cocaine and psychotropic substances.

A report from the World Health Organization has put drug abuse and alcohol as one of the major death killer second to HIV/AIDS related diseases. It further confirmed that the consumption rate of drugs is 14-30 years. They went to try to have a proper definition of drug abuse as its where psychoactive substances are used to provide a designed effect in human body which may cause a severe and lasting impairment on the body.

Uganda like any other country in the world has been affected by the mis-use of drugs and substances. Kampala the capital city has the highest population. The city has been hit worsen by drug abuse. A few approaches to solve the problem have been tried which have had some measure of success and failure. Despite the efforts made there is an increasing number of youths drug abusers. On the streets and slums. The scale problem involved in identifying the most appropriate intervention has meant that the problem of drug abuse is still far from being eradicated.

### **1.1 Statement of the Problem**

In Uganda today, the problem of drug abuse has arisen due to the increasing number of street children and development of slum here it's carried out mostly. Though many researchers have gone in to carry their different studies still the problem has not been fully addressed. Not only but most of them have looked at the drug abuse in general other specifying which particular group of people they intended to study.

Critical anticipations have been speculated that drug abuse has greatly impacted the youth that is socially, economically and perhaps political but this is attributed to the failure to carry out preventable measures to wards the problem. Therefore The researcher went on to find out the impact of drug abuse on the youth and also suggests possible interventions to the problem which has given more concern to parents and all care takers.

### **1.2 Objectives of the Study**

#### **1.2.1. General Objectives**

The general objective was an inquiry into the social consequences of drug abuse among the youths in Nakawa division Kampala.

### **1.2.2 Specific Objectives**

- i) To establish the causes of drug abuse among the youths.
- ii) To assess the effects of drug abuse on the youths.
- iii) To suggest possible strategies that can be used to stop drug abuse among the youths.

### **1.3 Research Questions**

- i) what are the causes of drug abuse among the youths?
- ii) What been the leading effects of drug abuse among the youths?
- iii) What are the possible strategies that can be used to stop drug abuse?

### **1.5 Scope of the study**

#### **Content scope**

The study was to inquire into the social consequences of drug abuse among the youths in Nakawa division Kampala district.

#### **Geographical scope**

The study was carried out in Nakawa division Kampala district the area is located in the central part of Uganda with a high population of the youths but have involved themselves in the use of drugs. The main economic activity is doing business and trade that varies from small shops to big ones..

#### **Time scope**

The study took a period of one month since it is the allocated period of any study that is going to be carried out. The study will also take into consideration the period between 2000 to 2010.

#### **1.4 Significance of the Study**

The study will provide knowledge to future researchers who may carry out similar studies in the field of problems that are affecting the youths.

The study first and foremost will act as a partial fulfillment for the award of bachelor's degree in social work and social administration.

The study will help the researcher to gain knowledge on the practical aspects of social life.

The study will help to open the eyes of people who have indulged in the act so that they can take an immediate prevention.

The study will help to suggest guidelines on how best the act of drug abuse can be eliminated in the community.

## CHAPTER TWO

### LITERATURE REVIEW

#### **2.0 Introduction**

This section is a review of some selected literature on the implication of drug abuse among the youth. The researcher under here will access information depending on the existing literature such as journals, books, Newspapers, reports and any other source about the study topic.

#### **2.1 A General View of Drug Abuse**

According to M.K Daniels (2006), he stresses that Drug Abuse in Uganda has been on the edge and it has affected most communities and young people who have indulged in the Act. It's noted about 26% of the adolescents in Kampala have been victims of the act. The drugs vary from one another depending on which is easily accessed. Uganda today has been also ranked among the countries that have registered in fluxing cases of drug abuse.

It should be noted that many people have had a hand in drug abuse though what can be left behind is the fact that some people have engaged in these activities purposely to find a measure of earning an income through selling it to those interested, although they have instead found themselves addicted it hence ending up using it on their bodies.

The global Report on Drug Abuse in Kenya (2003) noted that these acts were being carried out by mainly those people who had no employment and hence could easily find it easy to carry out trade in those drugs such as Marijuana. Cocaine among others. In war areas, the Army men have been at the fore front of drug abuse because most of them said that such drugs give them energy to fight on and never slept.

According to M. Mbilli (2002), most adolescents have been indulging in drug abuse due to the failure of their parents to take care of them; parents have claimed that those Adolescent boys have proved to be stubborn and never listened. And that they have got the desire to join their friends but what has resulted in this act has been gradually impacting their lives.

The Uganda police commission went to enact rules and regulations on drug abuse but these have not been fully acted upon. It's noted that about 30% of the adolescents in Uganda 15% in Kampala alone have been victims of drugs abuse.

Areas that have been so much affected by drug abuse in Uganda include Kaempe, Bwaise, Kalerwe and Nakawa Division among others. Mpamidde (2005) in his findings went to ask as to why these adolescents have been so indulging in the use of drugs.

However, according to the reasons given, most adolescents claimed that it was a way of relieving themselves from stress. One was quoted saying that

“My parents died long time ago and it’s only when I take drugs that I do not think about them. How about if I also die due to stress”.

Concurrently such a statement gave the researcher a pictorial view of as to why some of them use drugs.

In the world, countries like Malaysia, Latin America, Togo among others have been at the forefront of drug abuse. In such countries like America, it is noted that children start smoking at the age 16 years and perhaps start also applying other drugs on the body purposely for strength. The situation comes to the African context which has been at the forefront of the drug abuse. Most people from Kenya, Tanzania, Zanzibar and Uganda have been victims of those exporting drugs to European states (Monitor News Paper 1998)

With specific reference to Ugandan adolescents, drugs have been part and partial of their way of life. In order to prove that one is old enough, they have continued to engage in smoking, using engine oil, marijuana, cocaine among others.

In order to have a better future for the ado youth, there is need to stress out better and enact better control measures, against drug abuse as to dare our young generations.

## **2.2 Causes of Drug Abuse**

Drug abuse among Ugandan youth has been escalated by many different factors. Though these have varied from social, economic, political factors. Many studies that have been carried out have had a general view of as to why some youth are intimately indulging in the act of drug abuse, but according to the findings some claimed that its due to peer influence, stress, love to socialize, many for economic gains due to conflicts.



### **2.3 Peer Pressure and Influence**

According to Fred Kiwanuka (2000), he noted that about 20% of the youth in Kampala were using drugs due to their being influenced by the fellow friends. This was cited common with school going adolescents who had the desire to follow their peers. One boy was noted testifying that his great friends were taking drugs like cocaine and that they felt so strong. Consequently this compelled him to have drugs so as to get strong. Consequently this compelled him to have drugs so as to get strong. Most young people feel they have to comprehend to the demands of their friends in certain aspects. In countries like Kenya, Nairobi, its noted that in order to join a certain group of your fellow age, you must have something in common depending on the customs governing that group of which in most cases they use drugs so as to have a strong tie among themselves.

Conclusively it should be noted that most youth in Uganda have not originally been using drugs but due to the influence from their friends, most of them have become victims.

#### **2.2.2 Relieve from Stress**

According to the UNICEF Annual Report (2000) on Kampala Youth, it was found out that many of them had a number of varying problems. Such as unemployment, orphans, divorced, desperateness, war traumas.

However, basing on their findings, views and opinion, they claimed that they were using drugs so as to find a way out from such effects. Those that have been in fighting in the armies, abductees claimed that it was the only way that those effects could be forgotten. But the most worrying part is that these people failed to analyze the content and immediate act of them using drugs on the bodies. Well, much as those aspects where critical and genuine, that couldn't be the way out to fight stress. But what should be noted is that some had become addicted and that it was hard to change. Children from the Lord Resistance Army that intervened noted that an night, the killings that they carried on had become nightmares for them that is why they lived in streets and used drugs so as to avoid them. Consequently such scenarios are really beyond the researchers brain but we believe that counselors come up and guide these suffering youth and adolescents using drugs due to such to such effects.

### **2.2.3 Economic Gains**

According to M.K Daniels (2006), he noted that most adolescents found themselves using drugs so as to be strong while carrying out their activities such as those that were involved in construction companies, carrying heavy sacks, off-loading and loading Lorries of goods. Some adolescents claimed that they were engaging in manual work which needed a lot of energy of which it could not be easily got from the mere food they eat. One person in the construction company was quoted saying that;

“In one day, I carry 50 sacks of cement and of which these are too heavy. Definitely it drives me to use Marijuana (drugs) in order to be strong”.

Nevertheless, it should be noted that most adolescents have involved in drug abuse so as to be strong. Besides some have been middle men of drugs (sellers) but have instead also ended up using it. Most of them claimed that for us we just sell it to those in need but sometimes, a customer forces you to taste it before he/she buys it hence you end up becoming addicted.

### **2.2.4 Political Reasons /Armed conflicts**

To Paul. S. Howell (1999) noted that children that have been forced to join the army end up being forced to use drugs so as to grow strong and harsh to the enemies that greatly leaves the researcher wondering about the future of such a child. It is noted that those children that have managed to escape back home find themselves addicted to the use of drugs of which it enormously becomes hard for such an adolescent to change. Armed conflicts however should also be attributed to escalating the problem of drug abuse among the adolescents.

Army soldiers force these young boys and girls to use drugs of which addiction is a must.

### **2.3 Impact of Drug Abuse on the youths**

Drug abuse in Uganda among the youths has had immediate implications which have generally affected the lives of them socially, economically among others in one way or another.

However the researcher went on to identify the following effects as being crucial as a result of drug abuse such as school drop out, crime rate, mental disorders, unemployment and risk behaviours.

#### **2.3.1 School Drop out**

According to Dr. Fred Uganda AIDS Commission (2007) it was noted that the use of drugs and substance have several health and economic implications to the students. It's noted that users are more likely to get more problems than non users. The consequences of drug abuse are academic deterioration of children at school and indiscipline in schools and colleges.

It should be noted that drug abusers have contributed to wild behaviors which have resulted into danger and destroying of school property. High school drop out and low concentration in class has been partly due to the effect of drugs. Most young girls who may use drugs find themselves having less time for school and classes, besides studies effect of drugs which drive them into sexual activities. This explains why the rate of orphans has increased in the past years. Most of these children are produced by school going adolescents who end up neglecting them because they cannot afford the expenses consequently pregnant girls to find themselves not able to attend school resulting into constant absenteeism, which automatically compels them to drop out of school. The effects of drugs on academic performance in Uganda adolescents have been so impacting.

According to Daniel. M. Mbilli (2003), he notes that most drug abusers begin taking drugs at the period of 12 years or even younger. This is the time when the body is still forming. Drug abuse in school undermines students performance and lack of interest for school. He further says that students who smoke "Bhangi" regularly are twice as likely to receive below average marks. Also school drop out are twice as likely to receive below average marks. Also school drop out are twice as likely to be frequent to drug users. In a situation where students use drugs, it can disrupt

an entire school where many students in class under the influence of drugs are absent due to drug abuse.

To the equity and Vulnerability a situation Analysis on Women, Adolescents and Children in Uganda (1994) by the Uganda National Council for Children, Parents who over drink, both men and women may neglect their children and not cater for their basic needs such as food, clothing and health care. Money for school fees can be drunk up and the children forced to drop out school.

Nevertheless, it can be argued that the use of drugs by the children themselves in school or parents compels them to drop out in one way or another just as seen above.

### **2.3.2 Crime Rates**

According to Daniel M. Mbilli (2003) hand book, he noted that while obviously not all crimes are necessarily connected with the acquisition of drugs, many crimes are committed by individuals while under the influence of drugs. Thus the use illegal drugs and crime go hand in hand. Addicts will do anything to obtain enough drugs to satisfy their habits. Besides they are associated with substance abuse and trafficking a long side drug peddling. Daniels (2006) in his own analysis notes that many people have committed crimes not because they are normal but due to the drive of the drugs.

Criminal rates such as rape, defilement in most areas of Kampala are committed by people mainly living in slums and of which these are permanent centers for drug abusers. One may be compelled to do something against the law since he/she may not be in the normal senses, prostitution. Many of these people do engage in such activities not because, they are good but they are driven by drugs. Most young prostitutes around Kampala are believed to be using drugs which force them to demand for sex all the time eventually they end up acquiring HIV/AIDS due to uncomplimentary circumstances.

Nevertheless many school adolescents have been found in acts of theft and most people have wondered how it comes about but the findings reveal that majority are under the influence of drugs.

Fred Kiwanuka (2003) says that there is a high crime rate caused by delinquents of Kalerwe who take drugs and regard this as a daily act or routine for their life yet under nominal circumstance would be attending school. Most of these come in this area in search for freedom from parental restrictions and home confinement. The group also comprises of hardcore criminals most are sail birds.

Crimes committed on the roads such as over speeding have been mainly by these young adolescents who of which most times are under drugs and often drunk. Most accidents have been rampant because of careless driving due to drugs. This left the researchers immerably wondering on the future of the adolescents in Kampala. It should therefore be concluded that the rate of crimes that are committed by most young people influenced by cocaine, oil jet, with reference to Naguru Remand Home, its noted that about 30% of the children had indulged in drug abuse and that these who get a chance of moving out always come back with drugs.

### **2.3.3 Mental Disorders**

According to Kasirye Rogers of Youth Development Link(2007), he defines

Drug abuse as to refer to a level of drug consumption or patterns of

Taking drugs that persists and likely to result in harm to the taker. This aspect of using drugs maybe harmful in the way that it may result into adverse mental, physical effects. The whole rang of drug problems occur to people who use drugs. These have been classified into three categories, physical psychological and social problems which are normally present in emergency department of hospital include gastritis, injuries and pancreases introxicators.

In regard of the above Dr. C.K Baya in his handbook on Substance Abuse (1991) iNairobi claimed that with one member of the family or community getting sick gradually or constantly, other members have to come for their kin, sometimes diseases are passed from one to another due to drug abuse. Such infections are HIV, hepatitis and sustained stress which leads to mental

problems. In support of the above Alex Gringaus (1998), noted that street/youth children sniff different drugs which destructs their level of perception and concentration, mental problems. However, they said that it purposely taken to leisure and doing strong work.

To James G. Baber (2005), in addition noted that in their low doses “produce Euphoria, increase energy enhanced mental alertness and sensory awareness. Also has local an aesthetic property. Large close intensity these effects may lead to Bizarre Erotic and violent behaviours or mental disorders as a physical effect. Euphoria is usually replaced by restlessness, extreme excitability and psychosis accompanied by hallucinations.

#### **2.3.4 Unemployment**

According to the file Report on Alcohol, drug Abuse and HIV in Uganda, a constancy report for Uganda AIDS Commission August (2007), there is wide spread of unemployment, poverty and idleness in all areas which forces people into use and abuse of drugs and alcohol. Societies pay a heavy toll for drugs, abuse in economic terms as well as in humans. They are expected to result into decreased job productivity and job related accidents may rise up as people continue to use drugs. Consequently end up being laid off from work. In line with the above, M Daniels (2006) stipulates it that “the general economic status of family members or community will suffer due to the inevitable unemployment or economic hardship.

According to Fred Kasirye (2007), most youth have failed to get work due to their bodies being addicted to drugs. Even those that have got work end up escaping so as to take drugs which have tremendously affected their life hence increasing on the unemployment in the country.

#### **2.3.5 Risk Behaviours**

To Fred N. Kigozi (2008), he argues that there is a concern that use and abuse of drugs mostly alcohol is highly associated with the risk behavior. Following the mood, change and impaired judgment that these substance cause one to easily get involved in risk practice which ends up into HIV/AIDS acquisition.

Such drugs drive these young into sexual activities mostly after using them and of which such kind of intercourse are always unprotected of which there is an equal multiple of having more than one sexual partner. In regard to the above, the World Health Organization (2001,WHO) notes that risk behaviours on the other hand, can be harmful as they may include unwanted pregnancies, abortion among others. Many adolescents have found themselves to the effect of drugs resulting into death. However they could state that short risky implications may be noted such as loss of appetite leading to malnutrition.

Conclusively it should be noted that the continued use of drugs, greatly has impacted the youth hence this study was intended to address out its implications.

## **CHARPTER THREE**

### **METHODOLOGY**

#### **Introduction**

This chapter presents the methodological aspect that was used while the study was being carried out. It looks at the research design, sample selection area of study population methods of data collection, sample size, sampling technique data analysis processing and ethical consideration.

#### **3.1 Research design**

In order to acquire the needed data, the study employed a descriptive design which was backed up with qualitative and quantitative designs that got data through the statistical data. It was basically to investigate social consequences of drug abuse among the youth in Nakawa division Kampala district.

#### **3.2 Area of study**

The area of study was carried out in Nakawa division Kampala district. The area is located in central Uganda. The main economic activity is bussines and trade varying from small shops to big whole sale shops. The area is chosen due to the high number of Youths who are involved in the abuse of drugs.

#### **3.3 Study population**

The study included the staffs from youths, the police, NGOs health workers, and community people. The researcher ensured that the population above provided the needed information. Staffs and the police officers were the most key elements of the study.

#### **3.4. Sample size and selection**

The researcher gathered information from 25 staff workers from NGOs, 15 community people, 10 health workers and 5 police officers. These were 60 respondents in total.



**Table 1: Sample frame work**

No.	Category of participants	No. of participants
1.	Staff workers from NGOs	25
2.	Community people	20
3.	Social workers	10
4.	Police officers workers	5
	Total	60

Source: Primary data.

### **3.3.3 Sample procedure**

The researcher used both purposive sampling and systematic random sampling whereby under purposive sampling the researcher included individuals who had knowledge and experience about the study topic. This helped to save time and respondents gave first hand information since they already had knowledge and experience about the study topic.

### **3.5 Sources of data**

The researcher gathered information from two sources that is primary and secondary source.

#### **(a) Primary source.**

This entailed data collected from people's opinions, ideas through oral questioning and interviewing the study respondents.

#### **(b) Secondary data.**

Secondary data was from journal, newspapers, and other literature that had data about the study topic.

### **3.6 Methods of data collection**

While in the process of collecting data in the field the researcher employed quiet a number of methods these varied depending on the type of respondents to be interviewed, they included in depth interviews, key information, focus group discussions and documentary review.

### **a) In- depth interviews**

This method was applied to gather information mainly from the staffs of NGOs that were working to stop drug abuse and health workers. An in-depth interview guide comprised of questions that were systematically designed in the way that one question follows another depending on the study topic and intended objectives. Questionnaires were developed which are both structured and unstructured with intention to provide guide lines to the research questions so as to help the researcher be orderly while asking questions. A pre- test of the questioners was made to ensure that they are free from ambiguity while employing this method qualitative data was got.

### **Key informants.**

Key Informants were used with the help of interview guide and face to interview was applied on the staffs from Nakawa division so as to get hidden information. Key informants are ideally a good method of data collection because it provided information which may not be known by other respondents; both qualitative and quantitative data was gathered.

### **Documentary review**

While employing this method, it entailed the use of reviewed literature from several documents such as news papers, journals, reports and several books that could be easily accessed in offices, libraries and on internets. This method provided both qualitative data. Qualitative data was inform of statistical showing the number of youths that had indulged in the abuse of drugs and those that have been affected. The method provided first hand information since it was based on already existing literature.

### **3.7 Data processing**

Data processing was done after every data collection. To ensure completeness and uniformity it necessitated editing that involved checking data gaps errors and omissions. This helped the researcher to detect and eliminate errors that could influence the study. Quantitative data was presented by use of statistic using graphs and frequency tables while qualitative data was presented using paragraphs and columns that try to review study objectives.

### **3.8 Data Analysis**

Data from the field was tabulated to show the frequency of responses to the questionnaires and these were used to compute percentages in different attributes under the study. The similarities in the percentages were deduced to arrive at conclusion.

### **Ethical considerations**

Before going to the field for data collection, the researcher first got a letter of introduction from the department of social sciences commissioning her to go and carry out the study with a purpose.

## CHAPTER FOUR

### DATA FINDINGS, ANALYSIS AND INTERPRETATION OF FINDINGS

#### INTRODUCTION

This chapter discusses the findings in relation to the topic. The findings in this chapter have been based on the study that was carried out in Nakawa division. However, it should be noted that the problem of drug abuse in Uganda and Kampala in particular is still a great concern that it calls for a combined effort of all the concerned people but mostly the police.

**Table 1: Showing sex according to respondents**

Category	Frequency	Percentage
Male	34	66
Female	24	40
Total	60	100

**Source: Primary data.**

With reference to the table above, it was noted that the male respondents with 66% comprised of the majority that the researcher came across as even most of them got involved in drug trafficking. The female 40% came second as these stayed mostly at home hence had little knowledge about drug abuse.

**Table 2: Showing age according to respondents**

Category	Frequency	Percentage
13-17	16	37
18-20	14	32
21-23	8	18
24-25	5	11
Total	43	100

**Source: Field surveys.**

The study findings showed that between the age of 13-17 37% were the majority since some of them were even using these drugs. Between the age 18-20 came next as they claimed that they wanted to find out whether they were mature. Between the age of 18- 20 32% who claimed that drugs gave them energy. This was followed by those between 21- 23 18% and the last category was between the age of 24- 25 with 11% who were of the view that drugs relieved them from stress. However, despite of the differentials in age, majority of the people understood the study topic.

**Table 3: Showing marital status according to respondents**

Category	Frequency	Percentage
Single	36	60
Married	15	25
Divorced	9	15
Total	60	100

**Source: Field surveys.**

According to the study findings majority of the respondents were single 60% hence this showed as to why they got involved in drug abuse since they had no families to take care of. The married came next who said that today the youths have failed to get married due to drugs. And that no woman would marry a person who uses drugs. The last category was that of those who had divorced claiming that their husbands had become addicted to drugs 15%.

**Table 5: showing educational level according to respondents**

Category	Frequency	Percentage
Primary	32	53
Secondary	28	46
Institution	14	23
Total	60	100

**Source: Field surveys.**

With reference to the findings in table 6, majority of the study respondents had studied up to primary level 53% and those of secondary with 46% and only 23% had studied up to the institution. Majority of the respondents claimed that education was a waste of time hence preferred drug abuse while others it was due to early pregnancies that they were not able to stay in school. Those from institutions claimed to be working with other bodies having known of the negative implications of drug abuse in the community.

**Table 6: showing religion according to respondents category**

Category	Frequency	Percentage
Catholic	19	31
Protestant	16	26
Moslem	14	23
Adventist	11	18
Total	60	100

**Source: Field surveys.**

According to the study findings, the Catholics 31% comprised of the highest number of respondents, the second category was that of the Protestants 26%. The Moslems 23% came next and the Adventist 18% were the last category. The researcher noted that these believed that Saturday was a Sabbath.

**Table 7: Showing occupational level according to respondents**

Category	Frequency	Percentage
Unemployed	32	53
Self employed	18	30
Employed	10	16
<b>Total</b>	<b>60</b>	<b>100</b>

**Source: Field surveys.**

According to the study findings 53% of the respondents were not employed due to early dropping out of school yet the current jobs were so competitive. The second category was that of the self-employed 30% as they got involved in activities such as food vending so as to earn a living. The last category comprised of the employed who had finished their education and these worked in governmental organizations so as to stop drug abuse with the community.

**Table 8: showing the causes of drug abuse**

Category	Frequency	Percentage
Peer pressure	25	41
Relieve from stress	16	26
Economic gains	12	20
Political reasons	7	11
<b>Total</b>	<b>60</b>	<b>100</b>

**Source: Field surveys.**

According to the study findings, 41% claimed that it was due to peer pressure that compelled them to get involved in drug abuse. Most of the youth used drugs out of their consent but because they were influenced by their peers so as to fit in their groups. The second category 26% relieve from stress was another reason as to why the youths got involved in drug abuse. Those interviewed noted at times they were stressed due to problems like poverty but always got a way out by taking drugs. This was followed by economic gains 20%, the youth claimed that it was a source of income to them. The last category that of political reasons 11% as some had been forced to join the army hence had become addicted to the use of drugs.

**Table 9: strategies that can be used to fight drug abuse**

Category	Frequency	Percentage
Educating the public about drug abuse	19	31
Instituting policies against drug abuse	14	23
Increase on employment creation strategies	10	16
Reduce on the costs of education for the youths	4	6
Stopping child abuse	3	5
<b>Total</b>	<b>60</b>	<b>100</b>

Source: Field surveys.

The study showed that educating the public on the dangers of drug abuse 31% was the best strategy to stop drug abuse among the youth being followed by instituting policies 23% that can apply to those who are victims, increase on employment creation 16%, reducing on the costs of education 6% so that the youths can stay in school came as the next category. The last category was stopping child abuse 5% since such children tend to run away from home and join bad peer groups or even use drugs so as to reduce on stress.



**Table 10: showing the effects of drug abuse on the youths**

Category	Frequency	Percentage
Increased crime rates	23	38
School drop outs	18	30
Unemployment	14	23
Mental disorders	5	8
Total	60	100

**Source: Field surveys.**

With reference to the study findings in table 9, the use of drugs among the youths has led to increased crime rates 38% such as defilement, theft among others. This was followed by school drop outs 30% as schools cannot accommodate those who use drugs while at school, perhaps this scenario has explained why some youths drop out of school very early. The use of drugs has led to unemployment 23% as those already employed are evicted away from work. The last category was that of mental disorders 8%. Many youths have had several mental problems due to the influence of drugs.

**CHAPTER FIVE**  
**SUMMARY OF THE MAJOR FINDINGS, CONCLUSION AND**  
**RECOMMENDATIONS**

**5.0 Introduction**

This chapter presents the summary of the major findings, recommendation and conclusion. It should be noted that the problem of drug abuse is still a major problem in Uganda and most especially in Nakawa division

**5.1 Summary of the study**

The study was conducted in Nakawa Division Kampala district is located in the Central part of Uganda. The study was conducted in line with the objectives of the study which included; to establish the causes of drug abuse among the youths , the effects and to assess the measures taken to reduce drug abuse among the youths in Nakawa Division.

On establishing the causes of drug abuse, the study revealed that; genetic/inherited, peer pressure, easy access and loneliness, depression were the reasons advanced by the respondents. On examining the implications of drug abuse, the findings revealed that; health problems, crime increase, school dropouts, family breakdown and prostitution were the answers given by the respondents. On the assessing the measures taken to reduce drug abuse, the study revealed that; sensitizing the public, taxing drug sellers, strengthening the laws on drug abuse and employment provision were the answers given by the respondents.

Conclusions and recommendations were then made after interpreting and analyzing data.

**5.2 Conclusions**

Dug abuse today is a major cause for concern and has a negative effect on society at large. Though youths constitute a large segment of drug abusers, adults also succumb too to drug abuse. The real harm to users is that they presently tend to become social dropouts, in that the illegal status of the alcohol causes them to spend all their time obtaining and consuming it. There seems little doubt that, if it were not for the fear of crime and the spread of drug abuse to the suburbs. Within the last five years there has been a substantial increase in drug abuse particularly

among middle-class college and high school students and young military personnel. The prevalent drugs of abuse for this group are alcohol and marijuana.

Rather, the principal force behind the present public concern about youthful middle-class experimentation seems to relate to differences in perceptions and life-styles between older and younger generations. Older persons tend to accept the use of alcohol only for therapeutic purposes. They do not regard alcohol and nicotine as "drugs" and believe that the substances can be properly used for social and personal pleasure. But the older generation regards the use of drugs, such as marijuana and alcohol, for social and personal pleasure as symptomatic of disrespect for law and authority and as an attempt to escape responsibility.

### **5.3 Recommendations**

The researcher made the recommendations after analyzing and interpreting data in chapter four and the following recommendations are advanced by the researcher in an attempt to reduce drug abuse among the youths in Nakawa division.

#### **5.3.1 Promote sensitization against drug abuse**

There are many institutions and organizations that help drug abusers kick the habit. The support of friends and family is of prime importance. First and foremost, an abuser must be committed to giving up drugs. The first step towards combating drug addiction is to make the abuser aware of the damage it causes the body. Most addicts lack confidence and must be taught to become a master of the situation and not a slave to addiction.

#### **5.3.2 Recognize the seriousness and increase the priority placed on drug abuse as a social problem: develop a series of indicators**

Of the many problems that countries, organizations of the United Nations system and other public and private institutions deal with, addictive disorders have historically not been ranked in the first place. This situation reflects more the absence of systematic information than a weighing of alternative policy choices. Sometimes considered a health problem, other times viewed as a crime, drug abuse presents unique and costly consequences to societies.

While awareness is increasing, decision makers require better data: good policy and programmes require good analysis. No single measurement or data aggregate can reflect the complex nature of drug abuse problems, but basic indicators are needed for planning and action. All estimates are in some ways incomplete, but an incomplete estimate used well is better than none at all.

### **5.3.3 Expand alternative development as a means of drug abuse prevention and control: clarify what works in alternative development and expand it**

Alternative development provides a means to combine social and economic development and drug abuse prevention. It should be expanded so that critical components may be matched to the environmental, social, cultural and alcohol abuse characteristics of target areas. Selective expansion of this approach has the potential for gradually reducing economic and alcohol problems. The conditions under which it works should be clarified and both demand (prevention) and supply components should be tested in practice since both have contributions to make. Empirical inquiry into growers' views of the importance of price differences between licit and illicit crops is needed. From early successful demonstrations in developing countries, it appears that a long-term commitment and several stages of implementation are needed to reach economic self-sufficiency.

### **5.3.4 Increase knowledge of drug abuse problems and effective interventions: use the tools of communications technology to achieve better transfer and use of information**

Information flows rapidly around the world. The process of knowledge assessment and transfer provides an opportunity to improve international and community responses to substance-related problems. Drug abuse prevention has not sufficiently exploited communications tools. New uses of electronic information transfer are needed. Policy problems facing countries and international organizations are increasing faster than their capacity to deal with them, and information technology can help increase the effectiveness of response measures.

International agencies have a wealth of expertise on drug problems, and their combined experience gives a unique opportunity to tackle complex problems. A mechanism of collaboration is needed to focus cooperation of international agencies on selected drug abuse

problems. An example of a suitable area for collaborative work by agencies is drug abuse by children in the developing world: use of marijuana, volatile solvents, glues and other cheap intoxicating substances must be prevented. Widespread throughout the world, this kind of problem needs the active collaboration of agencies such as UNICEF, ILO, UNESCO, and the World Bank.

Other examples of problems suitable for this type of international collaboration are drug abuse, crime and violence, preventive education and integrated rural development as they pertain to drug abuse, and AIDS. Under the umbrella of UNDCP, the combined expertise of key organizations of the United Nations system and other organizations could develop models for uniquely effective interventions.

#### **5.4 Areas for further research**

The researcher suggests that further research need to be done specifically on the psychological impact of drug abuse among the youths in Nakawa division.

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**APPENDIX (1)**

**Questionnaire for NGOs**

Dear Respondent, I am a student of Kampala International University from the faculty of Social Sciences, carrying out an inquiry into the social consequences of drug abuse among the youth.

Please answer the questions appropriately and as honestly as possible. The information you disclose will be treated confidentially and used solely for this study.

Thanks for your Response.

**Section A: Social demographic**

**1. SEX**

Female  Male

**2. AGE**

40 years  35 years  50 years  below 35

**3. MARITAL STATUS**

Single  Married  Widow  Divorced

**4. RELIGION**

Catholic  Moslem  Protestant  Others

**5. EDUCATION BACKGROUND**

Vocational  Secondary  University

6. Have you dealt with cases of children/relatives/friends that have a tendency of abusing drugs?

Yes  No

**Section B: Causes of drug abuse among the youths**

If so, what do you think is their cause of abusing drugs and what problems normally arise after they have taken the drugs?

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7. Have you reported such cases to the police or improvised to take these youths to rehabilitation centers?

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8. What types drugs do they take?

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10. What do you think are the challenges faced by the community as result of these drug abusers?

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11. Do community members report cases of drug abuse to your offices?

Yes  No

12. How many cases do you normally receive per week?

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13. Do you receive the same people always or a different group of people?

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14. What steps or measures have you employed to curb this problem?

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15. Have you as social workers tried to work hand in hand with the police and rehabilitation centers to devise measures to stop and also to find out the runners (delivery team) and the planters of drugs as well as drug abusers?

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16. Have you realized any changes in attitude of the youths that you have tried to rehabilitate?

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**APPENDIX (III)**

**Questionnaire for Police**

Dear Respondent, I am a student of Kampala International University from the faculty of Social Sciences, investigating the impacts of drug abuse on the youth in Kampala District.

Please answer the questions appropriately and as honestly as possible. The information you disclose will be treated confidentially and used solely for this study.

**ANSWER ALL QUESTIONS.**

**1. SEX**

Female  Male

**2. AGE**

40 years  35 years  50 years  below 35

**3. MARITAL STATUS**

Single  Married  Widow  Divorced

**4. RELIGION**

Catholic  Moslem  Protestant  Others

**5. EDUCATION BACKGROUND**

Vocational  Secondary  University

**6. Do you have children/relatives/friends that have a tendency of abusing drugs?**

Yes  No

**7. According to the cases forwarded to police, what have been the challenges of abusing drugs to the youths?**

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**8. What is their average level of education?**



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15. Has the community in any way been of help to the police in measures taken to find out the runners (delivery team) and the planters of drugs?

16. Are there any strict rules that police is relying upon that have been enacted by government to curb down the problem?

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