

**CAUSES OF DRUG ABUSE AMONG THE YOUTH IN GALMAGALA  
DIVISION, FAFI DISTRICT,  
KENYA**

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## DECLARATION

I, Ali Muhumed, declare that this is my original work and that it has not been presented before for any academic award.



Signature:.....

**Ali Muhumed**

23/8/2010

Date :.....

## APPROVAL

This report has been submitted for examination my approval as the university supervisor

Signature .....  .....

**Ssekajugo Derrick**

Date .....  .....

## **DEDICATION**

This work is affectionately dedicated to my beloved wife Sahra Abdirizak Shafit, my mother Halwatho Dahir, my children; Rumaan Ali and Risal Ali, I'm greatly indebted to you all.

## **AKNOWLEDGEMENT**

I also owe a lot of appreciation to all those who assisted me in carrying out this research. I am grateful to my supervisor Mr. Ssekajugo Derrick who tirelessly went through my work and inspired me to dig deeper into the core of the matter. His kind criticism, patience and understanding, assisted me a great deal. My wife Sahra Abdirizak Shafit, my mother Halwatho Dahir, my children; Rumaan Ali and Risal Ali, I'm greatly indebted to you all.

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## **ABSTRACT**

*Drug abuse among the youths has become a major menace in African precisely the case study of Galmagala division in Galmagala district-Kenya which has resulted into social, economic, physical and emotional problems within the society. The purpose of this study was to investigate on the causes of drug abuse among the youths basically from ages (15-25 years) which the long run has affected various dimensions of life like individual, the family, the community and the government.*

*A descriptive research design was adopted where the target population consisted of youths, parents and teachers. A total of 70 respondents were involved in the study that included 40 youths, 20 parents and 10 teachers. Questionnaires and interviews were the main tools of data collection. A pretest was done to ascertain the reliability of questionnaires, data was analyzed using frequencies and graphs and the result showed that the major cause of drug abuse among the youths is peer pressure especially from ages (15-22 years).*

*It was recommended that both parents and teachers should play a vital role in offering counseling and having free talks with their children/students at this stage (15-22 years) since it is at this stage when they are at the peak of adolescence and are in need of much attention so as to help reduce or curb the causes of drug abuse among the youths in order to help the youths grow into responsible citizens.*

# CHAPTER ONE

## INTRODUCTION

### 1.0 Background of the study

The use and drug abuse is not a new phenomenon. In Africa today precisely the case study of Galmagala Division in Galmagala district -Kenya, the consumption of drugs such as alcohol, marijuana and other illicit drugs is still socially acceptable in most places. Some drugs continue to be publicly cultivated and sold through several illegal means. For example cultivation of drugs such as marijuana is being done by people who are not in the Formal employment. Therefore, this served as their source of income and even in areas where the plant grew in the wild. The irresistible profits coupled with a rising demand for the product resulted in the increase of more illicit drugs in the rural areas thus the need for the study on the causes of drug abuse among the youths in Galmagala division in Galmagala District, basically from ages (15-25 years) and the effects of drug abuse in various dimensions like to the individual, the Family, the community and the government.

Drug abuse has not originated in Galmagala Division, but it has been a World wide social problem whose influence cannot be prevented hence it flows even deep into the villages. Basically Galmagala division is averagely populated with a higher percentage of youths who are active and vulnerable to anti-social problems. This is due to the Fact that there are few recreational facilities in the region. The costs of these Facilities are slightly high above the capability of a common man. hence makes most of the youths to idle and resort to drugs to make them feel ‘high’ hence the rise of drug abuse among the youths of Galmagala Division thus the need For the study.

## 1.1 Statement of the Research Problem

According to (Douglas Wanjohi, 1994) a drug is defined as any synthetic or natural chemical (other than food or nutrients) that when taken brings about changes in the body or in the mind or in both. In a simple term a drug is any substance that affects ones behavior as well as functions.

(World Health Organization, 2000) presents drug as any substance in pharmaceutical products that is used to modify or explore physiological systems or pathological state for the benefit of the recipient.

(Family Life Network Report, 2005) and (F. Phillip. Rice 1995) defines a drug as the excessive or addictive use of mood altering drugs for non medical purpose. In other words any drug that is used for too long, for wrong reasons and in excess doses is being abused. A drug can as well refer to a maladaptive pattern of drug use which does not meet all the criteria for dependence and it usually involves continued use of a drug even when the person knows that it causes problems to him or her or leads to situations that are physically dangerous.

Drug abuse has been a growing problem among the youths Galmagala Division. It has derailed the youths from the normal upright ways of thinking. This made them to engage in some deviant harmful behavior. Thus the most commonly abused drugs included mood altering substances known as psychoactive or psychotropic drugs that affect the mind, senses, and emotions. Some of the specific drug examples are: Stimulants (uppers):- Amphetamines, slimming tablets, cocaine, caffeine, nicotine, khat and ecstasy. Depressants: - alcohol, heroine, morphine, barbiturates, tranquilizers, mandrax, analgesics. Hallucinogens: - Dagga, Hashish, phyryncydine, Marijuana (cannabis) and some fungi seeds. These have been classified for the practical reasons according to the primary effect they have on the nervous system. These drugs are abused through injection, smoking, sniffing, boiling, drinking and chewing.

## **1.2 Research Objective**

The general objective was to investigate on the underlying causes of drug abuse among the youths in order to come up with recommendations on the way forward on how to eradicate or alleviate drug abuse among the youths in Galmagala Division, Galmagala District.

### **1.2.2 Specific Objectives**

1. To identify the number of youths engaged in drug abuse.

To find out the causes of drug abuse among the youths.

To find out the effects of drug abuse among the youths.

To prove whether drug abuse among the youths is the cause of their incompetence in all dimensions of life.

## **1.3 Research Questions**

1. Why do the youths engage in drug abuse'?
2. How do the youth's abuse drugs?
3. What are the problems posed by the youths who abuse drugs to the family, hence the community at large'?
4. What are the effects of drug abuse among the youths, family,, community and government?

## **1.4 Scope of the Study**

The research was carried out in Galmagala Division within Galmagala District in Kenya. The study focused on the causes of drug abuse among the youths in Galmagala Division.

## **1.5 Signification of the Study**

The finding of this study was to come up with the way forward that will help the government to reduce on the crime rate of all forms as result of drug abuse especially among the youth's cases of rapes. Defilement, lawlessness, murder and to reduce on the number of accidents on the roads due to

careless driving as a result of drunkenness while driving.

The finding of this study was to help boost the social morals within the— community that is to say , it aimed at saving the lives of the youths apart from, restoring their moral sense of judgment. Protect the youths from brain, lung, kidney and heart destruction as well as infertility.

The finding of this study will come up with strategies that will help both the parents and their children reason together on the right to take in life hence reducing the case of escapism of youths from homes, reduce on the rate of committing suicide which has resulted to many deaths among the youths hence threatening the well being of the future generation.

#### **1.6 List of Acronyms /Abbreviations**

HIV/AIDS:	Human Immune Virus / Acquired Immune Deficiency Syndrome
WHO :	World Health Organization
F.L.N. :	Family Life Network
STDs :	Sexually Transmitted Diseases
BC :	Before Christ
LSD :	Lysergic Acid Diethylamide
AMREF :	African Medical Research Foundation
CARE :	Carry America's Relief Everywhere

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.0 Introduction

The primary purpose of the chapter is to review the literature on the causes of drugs abuse among the youths in various places where the concepts on types of drugs abused, causes of drugs abuse and the effects of drugs abuse were all discussed.

#### 2.1 Definitive review of drugs

A drug refers to any substance in pharmaceutical product that is used to modify or explore physiological system or pathological states for the benefit of the recipient. Also a substance of abuse among which some people include alcohol. Tobacco, and caffeine according to (World Health Organization, 2000)

(Phillip. F. Rice, 1995) stated that a drug is a substance used as medicine like aspirin which when taken in excess is lethal. A drug according to (Katchadourian, 1994) is any (excluding food) that when taken into the living organism may alter one or more of its functions and the excessive use of the drugs has negative physical and behavioral consequences for a person's health and any use at all can be dangerous health hazard. A drug can also be defined as any chemical or vegetable substance that causes a physiological, emotional or behavioral change in a person (John. S. Dacey, 1998).

Drugs abuse is a maladaptive pattern of drugs use which does not meet all the criteria for independence and it involves a continued use of drugs even when the person knows that it will cause problems to him or her that are physically dangerous like dependency and addictions (Douglas Wanjohi,) 1994. Drug abuse is also the persistent or sporadic excessive use of a drug inconsistent with or unrelated to the acceptable to the acceptable medical practice (Margaret. F. Alexander 2003).

## 2.2 Types of Drugs Abused

The types of drugs by the youths are helpful in knowing the causes of drugs abuse among them. In general drugs are grouped broadly as soft drugs and hard drugs. (William. W. Wattenberg, 1995) stated that soft drugs are those whose use does not commonly cause physical dependence like Marijuana, Cocaine, Tobacco, and Alcohol while hard drugs are those that have powerful ability to alter one's behavior or cause physical dependence, they are:

**1. Hallucinogens or Psychedelic drugs:-** These are substances that are believed to distort perceptions and causes dreams images and hallucinations (which are sensory perceptions that are not based on reality) that is to say, they alter one's sensation, emotions and cognitive pattern of an individual and they include Mescaline Psilocybin, Lysergic Acid Diethylamide (LSD) phencydine.

**2. Narcotics-** This comes from the word "narco" meaning to be numb and deaden, they are drugs that bring relief from pain and induce sleep, also from prolonged use, great tolerance develops that if used regularly, physical dependence develops. They include Opium, Morphine, Codeine, Heroin, brown sugar, Phethidine and Methodine. These are the most physically abused and addictive of all the drugs since they are depressants on which the user quickly develops physical dependence.

**3. Depressants:-** These are drugs that are able to slow down the activity of all parts of the Galmagala nervous system. Depressants have the potential of causing both psychological and physiological dependence and are put in four general categories;

i. Sedatives and Hypnotic drugs like Barbiturates (are depressants which decrease the activity of the Galmagala nervous system for example Nembutal, Seconal, Amytal or Phenobarbital) these are used medically to calm patients.

ii. Anti-anxiety agent (valium which is used mainly for management of milder types of emotional disturbances).

iii. General anesthetic agents (which are gases or volatile liquids which when inhaled can cause unconsciousness and profound muscle relaxation like shoe glue, plastic cement, petrol, lighter, fluid

hinders and cleaning solutions).

v. Alcohol which are ethyl alcohol or ethanol.

**4. Stimulants-** these are drugs which stimulates the Galmagala nervous systems thus speed up the body's action and they can elevate someone's mood when feeling low, sad or withdrawn. It is also used to treat people with emotional depression, reduce the appetite for people who are overweight like Amphetamines (Benzedrin, Dexedrine, Diphetamine and Methedrinç/ speed and are injected under the skin) Nicotine, Caffeine, ai4 Miraa (khat).

### **2.3 Cause of Drugs Abuse**

(Nye. F. Ivan) observed that this is one of the most frequently asked question with no single answer, rather there is an interaction of many factors which bring about drug abuse and these may be; social, religious, individual, family, and economic. Social factors include;

1. Peer pressure: This is a form of push exerted on and individual from friends. This is to say, drugs taking is often a group activity and it is through friends that drugs are introduced. Friends entice, coax or pressurize one another in their group to have a try hence pushing them into drug abuse.

2. Social pressure is another social factor that causes drug abuse the youth which is influence from the surrounding. Many young people may be introduced to drugs by popular songs glorifying the effects of drugs or by musicians or others who have been known to be users of drugs, easy availability of these drugs at the pubs, streets and at lower prices has made many youths to take to drug.



3. Modern influence like the pleasure of modern society, modern fashion, competitive spirit in sports, work, examinations, a mix up of roles and conflict in values, restrictive influence and lack of recreational facilities and opportunities for creative use of leisure time also has led to drug abuse among the youth.

4. Unemployment has caused the youths to engage in drug abuse that is, when they have failed to get jobs, they perceive themselves as failures and thus resort to drugs.

Religious factors:- that is to say, loss of ethical and spiritual values and sub human standard of living like some religion occasionally allowed taking of drugs particularly during festival thus the pleasure desired from these drugs made, youths to keep taking drugs.

Spiritual bankrupt is another cause of drugs abuse since most of the youths have been broken relationship with God they have encountered a lot of problems in their personal life, they are filled with guilt, fear and anger hence their personality is not balanced. This feeling of guilt and anger led them to take drugs as a way of escaping from realities of life.

Family:- where there is no harmony between parents and their children especially the youths. This has resulted into confusion and anxiety among the youths hence they resort to drugs because they feel they have no say within the family and as a result of little or no communication between the youths and their parents for they are constantly under the horror of not being together. Another cause is the economic factor that is, the fact that drug selling is very profitable and it involves even the youth who subsequently turn to be drug abusers and addicts in the long run, for they can easily influence their peers and sell drugs to them thus the increase of drug abusers among the youths. There

are also other causes of drug abuse among the youths like: -

Educational pressure where the youths use drugs to get rid of certain emotional pressure such as anxiety, nervousness and depression. Curiosity which is a common cause of drug abuse among the youths who are tempted to experiment with drugs in order to prove whether drugs do change one's moods and feelings as well as want to be identified as adults.

Euphoria in youths is another cause where they experience lack of identity and apathy so they embark on drugs to have the feeling of euphoria.

The need for sensual pleasure also made the youths to go into drugs to get exciting experiences due to the idea of fun oriented culture which emphasizes the need and value of having good time, to experience sensual pleasure, they believe that the use of drugs increases the level of sexual performance which is not the case for it only lies on the psychological make up of an individual involved in it and is transitory in nature if it exists anyway though the drug users starts sexual activities much earlier than those who don't. Enticing advertisements is also a cause of drug abuse among the youths where drugs are advertised on screens and are identified with masculinity, independence, nature, athletic, prowess, beauty, youth intelligence, sex appeal, sociability, wealth and good life therefore, these conceivable gimmicks and scheme affects the emotion of the youths since these are the rewards they are looking for.

## **2.4. Effects of Drug Abuse**

(John S. Dacey and Laura Donald) stated that all that is taken into a human body has an effect.

Therefore, even the drugs that are being abused by the youths have detrimental effects on them that is physically, emotionally, has effect to the school, to the family, and socially.

i Physically it causes fatigue whereby the individual feels lazy to engage in any activity since there

s no motivation as a result of feeling sleepy.

i It causes repeated health complaints / malaise, like depressed respiration, pulse rate, blood pressure, convulsion, nausea, sweating, hand tremors and psychosis.

ii Drug abuse can result into a comma which can eventually lead to death.

v Drug abuse also results into hallucinations where the victims imagine of images and laughs at them, this is coupled with a lot of excitement.

v It also causes tolerance in an individual where he or she feels he cannot do without taking a drug and in the end it results into physical dependence on the drug.

vi It causes sexual stimulation which is very dangerous to the health of the youths since they can easily engage in unhealthy sexual acts hence putting them at risk of contracting Human Immune Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS).

2. i. Emotionally it causes personality change, that is to say when one was known to be a principled person within the society or family then he or she engages in drugs hence tamper with their earned reputation in their surrounding.

ii. Drug abuse will cause the youths to develop mood changes like become irritated so fast or withdrawn while not drunk also excited.

iii. It can cause lack of interest in some activities that he or she used to engage in or enjoy before they started abusing drugs for example one can stop going to church as well as socialize with other mates in church.

iv. Drug abuse can result into irresponsible behavior of the youths, whereby they start being careless with their lives like they don't take into consideration the physical hygiene.

v. Youths also experience low self esteem when they are not being appreciated by their parents and peers thus resulting. into depression.

vi. The youths will also have poor judgment since they will be acting under the influence of drugs

ence are not in a position to make sound judgment or decisions.

. The school has also been affected by the youths who abuse drugs for example: -

. They reduce the school mean grade as a result of their decreased

interest in learning

i. Drug abuse increases the rate of indiscipline cases in schools by breaking the set rules and regulations that govern their stay in school for example they sneak out of school to go and take drugs from the neighboring villages also picking fights with other students.

ii. Drug abused also leads to increased rate of absenteeism and escapism from school due to fear of being punished or expelled from schools when noted that they are abusing drugs and as a result of this there is a drop in performance.

v. There is truancy which decreases the performance of the youths since they cannot concentrate on what they are being taught.

4. Drug abuse also affects the family in that it causes misunderstanding between the parents and the youths which results into unnecessary quarrels over the broken rules and regulations of the family that they used to adhere to before engaging in drugs hence making most of the youths run away from their families as a result of disobedience to the elders.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.0 Introduction**

In this chapter, a brief description of the research design used in the study is discussed. It describes the population and sample that was chosen for the study, then a description of research instruments used and finally the procedure of data collection and data analysis are explained.

#### **3.1. Research design**

The study employed a descriptive research design since the whole scenario was about describing an occurrence.

#### **3.2. Sample Selection and size**

Due to the vast population of Galmagala Galmagala, it was difficult to interview all the youths, every parent and teachers of every school due to limited time and inadequate funds for reaching every household to gather information. thus i opted for a selection of a few people by use of random sampling that is a total of 70 people (40 youths in both primary and secondary schools whereby 6 primary schools and 8 secondary schools were sampled for the, 20 parents and 10 teachers; 5 in primary school and in secondary school) while the rest of the population were used in pilot testing through the use of random sampling still, while the 70 people were selected for the study.

#### **3.3. Data Collection Methods**

The study involved interviews through the use of questionnaires where the researcher used three types of questionnaires which were administered to the youths, parents and teachers. Through the random sampling selection questionnaires were administered through the use of interviews to the selected 70 people for the study from the 6 primary schools, 8 secondary schools, 5 teachers from primary schools and 5 teachers from secondary schools this was chosen randomly from the selected

chools respectively and finally the selected 20 parents.

### **3.3.1. Questionnaires**

For this case, I used a set of well typed questions that were both open ended and closed ended which helped in gathering information from the selected group of respondents and it addressed issues such as personal information about the respondents that is, how the respondents started to take drugs and finally the list of drugs which were likely to be abused. The questionnaire was well written in simple and clear language that the respondents easily understood without explanation hence, this helped the respondents to understand what the study was all about thus gave the required information.

### **3.4. Data Analysis**

This involved the organization, analyzing data; interpretation of data which originated from the study. The data was analyzed appropriately with facts and figures arranged in a chronological manner that is, the data was organized in frequencies and bar graphs that presented the results and comments from the study.

### **3.5. Limitations of the study**

Financial constraints which was a major limitation to the study as it was self sponsored.

Time was a limiting factor since I could not reach out to the whole population due to the expanse of the area of study.

## CHAPTER FOUR

### PRESENTATION AND DISCUSSION OF RESEARCH FINDINGS.

#### 4.0 Introduction

This chapter presents research findings and their interpretations. It deals with the testing of various objectives based on the research questions that were utilized for this study.

**Table 1: Youth's, Parent's and Teacher's response to the interview**

RESPONDENT	GENDER	FREQUENCY	PERCENTAGE
Youth	Female	12	17%
	male	28	40%
Teachers	Female	5	7%
	male	5	7%
Parents	Female	12	17%
	male	8	12%
Total		70	100%

Source: Primary data (2009)

From table 1 above, the study targeted 70 respondents; 57% were youths. 14% were teachers and 28% were parents. A layout of the respondents has been shown in the table above according to the number of youths, parents and teachers who responded to the interview.

## **.2 Causes of Drug Abuse among the Youths**

One of the objectives was to find out the causes of drug abuse among the youths hence identify the number of youths engaged in drug abuse and Find out the effect of drug abuse among the Youths, family. Community and Government. The table next page shows the types of drugs abused among the youths; both females and males and the frequency of their occurrence as well as a bar graph (page 21) showing the frequency of drug abuse among the youths.



Table 2 : The youths engaged in drug abuse coupled with teachers' and

Parents'

Types of drugs abused	Frequency of drug abuse		Parent's response	Teacher's response
	Male	Female		
Whisky—Bond7	2	2	0	1
Janniewaker	0	0	0	0
black				
Brandy — Richot	1	1	0	5
Safari	3	1	2	20
Viceroy	0	0	0	5
Vodka—Popoy	0	0	0	5
Royal	0	0	0	10
Reddys	1	3	4	15
Safari	0	0	0	5
Smirnoff	1	0	0	5
Meakins	0	0	0	5
Gin -Royal	0	0	0	0
-samba	0	0	0	0
Beer - Citizen	1	1	0	3
- Castle	2	0	0	0
- Champion	0	0	0	0
- Pilsner	1	1	0	0
- Tusker	3	1	5	10
- Whitecap	0	0	0	1
Stout - Guimiess	1	0	0	0
Local Brew-Changaa	2	0	7	4
-Buss	2	2	0	1
Cigarette - Sportsman	1	0	2	1
- Horseman	0	0	0	0
-Embassy	1	0	0	5
-Rosta	0	0	0	0
-Kali	0	0	0	0
- Tobacco	0	0	0	0
-Bhangi	4	0	0	0
Miraa(khat)	2	0	0	1

Source:Primary Primary data (2009)

From table 2 above, it has been shown that more males abuse drugs than females. This has been supported by the teachers' response both from table 2 above as well as table 3 below. Also the data from table 2 above shows that few parents are well acquainted with their children's whereabouts since only few parents knew that their children were abusing drugs.

**Table 3: General records of drug abuse in Primary and Secondary schools**

Drugs abused	Gender	Whisky	Brandy	Vodka	Gin	Beer	Stout	Local brew	Cigarette	Miraa (khat)
Secondary school	Male	1	8	20	0	7	0	3	3	1
	female	0	2	15	0	1	0	0	1	0
Primary school	Male	0	15	7	0	5	0	1	2	0
	female	0	5	3	0	1	0	1	0	0

Source: Primary data (2009)

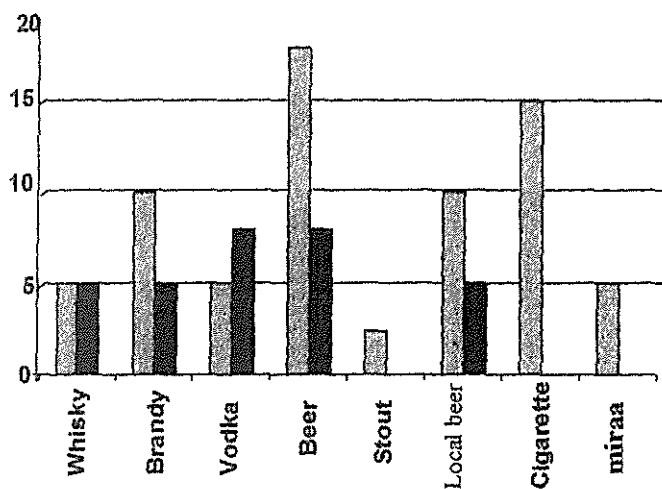
From table 3 above, a general record of drug abuse in both Primary and Secondary schools has been shown. It indicates that the rate of drug abuse is higher in secondary school than in Primary schools, especially among the males than with the females.

**Table 4: Percentage of the youths engaged in drug abuse**

Types of drugs abused	Frequency of drug abuse		Percentage	
	Male	Female	Male	Female
Whisky	2	2	5%	5%
Brandy	4	2	10%	5%
Vodka	2	3	5%	8%
Gin	0	0	0%	0%
Beer	7	3	18%	8%
Stout	1	0	2%	0%
Local brew	4	2	10%	4%
Cigarette	6	0	15%	0%
Miraa (khat)	2	0	5%	0%
Total	28	12	70%	30%

Source: Primary data (2009)

**Figure 1: Range between male and female youths who were engaged in drug abuse.**



Source: Primary data 2009

From the figure above there were various response given by both the youths, teachers and parents on the cause of drug abuse among the youths through the help of the questionnaires in the study. Though there were various responses such as abusing drugs by choice, peer influence, loneliness, curiosity, influence of adverts, 90% of the responses given in a nut shell basically emphasized on the influence of peer pressure as a major cause of drug abuse among the youths. Also it was evident that through the information gathered through pilot testing and from the study area 80% of the total population of the youths in Galmagala Division is engaged in drug abuse especially males by 62% as compared to females by 29% hence culminating into diverse effects in the community set up.

#### **4.3 Effects of Drug Abuse to the Youths, Family, Community, and Government**

From the study it was evident that the youths who engaged in drug abuse experienced several problems that are physically and emotionally in nature like most of the youths physically experienced health related problems like repeated health complaints, depression, hallucinations where the victims imagine of unseen images, dependence, they became victims of sexually Transmitted Infections and diseases all under the influence of drugs. emotionally it affected the feelings of the youths whereby in most cases they were moody, showed lack of interest in some of the activities they used to enjoy as well as had poor judgments.

Academically the performance of the youths dropped drastically as a result of truancy during class time. This has therefore increased the rate of escapism and absenteeism from school hence the increased incompetence of the youths from Galmagala Division.

The youth's relationship with their parents has grown sour since their act of taking drugs has minimized their parent's love to them.

The school has also been affected by the habit of drug abuse among the youths for example it was reported that there were reduction in the school mean grade due to decreased interest in learning by the students and pupils who abuse drugs and as a result of wondering minds during class time,

increased rate of indiscipline cases like they organized for strikes, fought one another, they rioted and burnt down people's vehicles. To the family it was reported that it caused emotional breakdown between parents and their children due to lack of misunderstanding hence made most of the youths to be always on the run.

To the community, the youths who abuse drugs have increased immorality which has resulted into increased moral decay within the community as a result of western influence from advertisements, music and fashion which has thwarted the respected cultural practices and resulted into reduced respect for their elders, parents and relatives.

To the Government it has led to the problem of lawlessness whereby it has been deduced that most of the youths engage in crimes and in robbery with violence which has violated the laws that have been put by the Government to govern the well being of its citizens. Therefore all the effects of drug abuse among the youths has resulted into their incompetence in all dimensions of life since they are not result oriented especially from the report given at schools whereby they experience decrease in performance, absenteeism, escapism and wondering minds, increased deviant behaviors like strikes hence they end up being non performance, absenteeism, escapism and wondering minds, increased deviant behaviors like strikes hence they end up being non performers in this competent era.

## CHAPTER FIVE

### SUMMARY, CONCLUSION AND RECOMMENDATIONS

#### 5.0 Summary

Research findings of this study carried out in Galmagala Division, Galmagala District indicate that drug abuse is a common occurrence among the youths. This behavior affects the youths, their parents, the school, the community and the government as well.

The research findings stated that the youths who engaged in drug abuse were influenced by social factors that is peer pressure, social pressure, modern influence, unemployment, Religious factors like spiritual bankruptcy, economic factors which involves the sale of drugs and significant others.

#### 5.1 Conclusions

This study derived the following conclusions:

- i. The deviant behaviors of drug abuse are common among the youths of ages (15- 25 years).
- ii. The cause of drug abuse is as a result of peer pressure, social pressure, modern influence, unemployment, spiritual bankruptcy, curiosity, euphoria and enticing advertisement.
- iii. There is little knowledge of parents on their children's whereabouts like most parents don't know whether their children are abusing drugs due to lack of spending quality time with their children also lack of guiding and counseling to their children.
- iv. A general report from the teachers showed that % of their pupils and students abuse drugs.
- v. Guidance and counseling measures put in schools are not effective in controlling the rate of drug abuse among the youths since the personnel put in place is not qualified for the work..
- vi The increased exposure of youths to videos and television has increased the rate of drug abuse among the youths as a result of enticing advertisements that are associated with drugs.

#### 5.2 Policy Recommendations

If the causes of drug abuse among the youths are to be reduced, the parents, teachers, community, the government and the youths must work together. The following recommendations will be appropriate: -

The school administration and teachers should fully support guidance and counseling so that it can be an effective tool in curbing; reducing and managing the causes of drug abuse among the youths that is [pupils and students] by employing qualified guidance and counseling personnel to provide adequate services to the student to the students and pupils.

Parents should ensure quality time with their children so as to make them be acquainted with their children's whereabouts hence making it easier to monitor them.

iii The community should be supportive and protective towards the youth by condemning every seductive show on televisions and videos so as to protect the youths from being exposed to draining adverts that is associated with drugs.

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**APPENDICES**  
**APPENDIX A**  
**QUESTIONNAIRE FOR THE YOUTH**

**Dear respondent,**

This questionnaire is intended to help investigate the causes of drug abuse among the youths in Galmagala Division in Galmagala District. Your Cooperation will help me acquire the needed information and the information given will be treated with confidentiality.

1. What is your name?.....
2. How old are you?.....
3. Are you studying? .....

Yes

No

4. Which level?

i) Primary

ii) Secondary

iii) Tertiary

iv) Vocational

5. Have you ever taken drugs?

Yes

No

**(if no finish the interview)**

6. How did you start taking drugs?

7. How often do you take these drugs?

8. Have you taken any drug in the last

i) 12 months

ii) 3 months

iii) 4weeks

iv) 7 days

## SECTION B

Please tell me which of these drugs you have ever taken.

TYPES OF DRUGS	TICK WHERE APPROPRIATE
Whisky — Bond 7 - Jannie walker Black	
Brandy — Richot - Safari - Viceroy	
Vodka Popoy - Royal - Reddy's Safari Smimoff - Meakins	
Gin — Samba - Royal	
Beer — Citizen - Castle - Champion - Pilsner - Tusker White Cap	
Stout — Gooiness	
Local Brew - Changaa - Buss	
Cigarettes - Sportsman - Horseman - Embassy - Rosta Kali - Tobacco Bhangi	
Miraa (khat)	

## APPENDIX B

### QUESTIONNAIRE FOR PARENTS

**Dear Parent,**

This questionnaire is intended to help investigate the causes of drug abuse among the youths in Galmagala Division in Galmagala District. Your cooperation will help me acquire the needed information and the information given will be treated with confidentiality.

1. How many teenage children do you have?.....

2. Does he/she go to school?

i) Yes

ii) No

(if no skip to question 5)

3. Which level?

i) Primary

ii) Secondary

iii) Tertiary

iv) Vocational

4. Are any of your children engaged in drug abuse?

i) Yes

ii) No

(if NO finish the interview)

5. When did he/she start abusing drugs?

6. How often does he/she take these drugs?

7. Has he/she taken any drug in the last

i) 12 months

ii) 3 months

iii) 4 weeks

iv) 7 days

## SECTION B

Please tell me which of these drugs you have ever taken.

TYPES OF DRUGS	TICK WHERE APPROPRIATE
Whisky — Bond 7 Jannie walker Black	
Brandy — Richot - Safari - Viceroy	
Vodka Popoy - Royal - Reddy's Safari - Smirnoff - Meakins	
Gin — Samba - Royal	
Beer — Citizen - Castle - Champion - Pilsner - Tusker White Cap	
Stout — Gooiness	
Local Brew - Changaa - Buss	
Cigarettes - Sportsman - Horseman - Embassy - Rosta Kali - Tobacco Bhangi	
Miraa (khat)	

**APPENDIX C**  
**TEACHERS' QUESTIONNAIRE**

**Dear Respondent,**

This questionnaire is intended to help investigate on the cases of drug abuse among the youths in your school. Your cooperation will help me acquire the needed information which will be treated with confidentiality.

1. Have you ever had cases of drug abuse in your school?

- i Yes
- ii No  (if no finish)

2. How often are these cases reported to your office? .....

3. What steps do you take in handling such issues?

## SECTION B

Please tell me which of these drugs you have ever taken

TYPES OF DRUGS	TICK WHERE APPROPRIATE
Whisky — Bond 7 - Jannie walker Black	
Brandy — Richot - Safari - Viceroy	
Vodka Popoy - Royal - Reddy's - Safari - Meakins - Smirnoff	
Gin — Samba - Royal	
Beer — Citizen - Castle - Champion - Pilsner - Tusker - White Cap	
Stout — Gooiness	
Local Brew - Changaa - Buss	
Cigarettes - Sportsman - Horseman - Embassy - Rosta - Kali - Bhangi - Tobacco	
Miraa (khat)	