

**FACTORS INFLUENCING DRUG AND SUBSTANCE ABUSE AMONG THE YOUTH
IN KENYA**

A CASE STUDY OF LIKII SUBLOCATION, LAIKIPIA EAST SUB-COUNTY

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DECLARATION

This research project is my original work and has not been presented to any other examination body. No part of this work should be reproduced without my consent or that of The Management University of Africa (MUA), Nairobi.

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Lecturer Supervising

DEDICATION

I would like to dedicate this project report to my immediate family members, friends and my supervisor for their support, financially and otherwise. Without their cooperation, this work would not have been a success.

I am also grateful to my daughter for her support, patience and understanding during the course of my study and the completion of this project. They took over many of the responsibilities of running the home and remained cheerful and optimistic when it seemed the project will never be accomplished.

Thanks to all of you.

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Finally, I thank the Almighty God for seeing me through it all.

LIST OF TABLES

Chapter One

Table (i)

Chapter Two

Table (i) Drugs and Substances Consumption by Type

Table (ii) Demographic Factors in relation to Drug and Substance abuse

Table (iii) Social Cultural Factors Contributing to Drug and Substance Abuse

Table (iv) Peer Pressure in relation to Drug and Substance Abuse

Table (v) Parentage in relation to Drug and Substance abuse

Table (vi) Type of Company when taking Drugs and Substances

Table (vii) Economic Factors Contributing to Drug and Substance Abuse

Table (viii) Problems associated with Drug and Substance abuse

Table (ix) Community Initiatives in the Fight against Drug and Substance abuse

ABSTRACT

Various factors have been attributed to influencing drug and substance abuse among the youths but these factors cannot be generalized to be absolute. This study therefore seeks to investigate the factors contributing to drug and substance abuse amongst the youths in Likii sub-location of Laikipia East Sub-County and make recommendations on appropriate intervention measures to arrest the situation. Laikipia East sub-county formed the area of study. The study adopted triangulation design that combines both qualitative and quantitative research techniques and measures (Mugenda & Mugenda, 2003). The data was collected using self-completion questionnaires administered to youths and community members and interview schedules for area chief in addition to personal observations. This formed primary sources of data collection. The study population involved four villages, 120 youths and 120 community members drawn from 2189 households in Likii sub-location. The study used both stratified and simple random sampling methods to select households, youths and community members in each of the four villages of Likii sub-location, Laikipia East sub-county. The data collected from sampled respondents was tallied and converted into frequencies and percentages. The study findings indicated that alcohol was the most abused drug in the area, followed by miraa (khat), bhang and cigarettes in that order. Some respondents were reluctant to give actual information on hard drugs such as heroin, cocaine and mandrax due to legal implications surrounding these substances. Based on the gateway theory, which postulates that the use of one substance culminates in experimentation with other substances, it is deduced that the rate of consumption of alcohol alongside other legal substances such as miraa and cigarettes in Kenya may be on the rise. The study findings highlighted the factors influencing drug and substance abuse amongst the youths in Kenya, the community initiatives to curb the vice and the preparedness of National administration and other law enforcement agencies in arresting the situation. It is hoped that the findings and recommendations of this study will aid the government, National administration officials, law enforcement officers and other stakeholders in security sector in making the right decisions pertaining to the fight against drug and substance abuse in the country.

LIST OF ABBREVIATIONS AND ACRONYMS

UNDCP	United Nations Drug Control Programme
UNODC	United Nations office on Drugs and Crime
ROEA	UNDCP Regional Office for Eastern Africa
W.H.O	World Health Organization
DPA	Diploma in public administration
UNCRC	United Nations Convention on the Rights of the Child
AIDS	Acquired Immune Deficiency Syndrome
HIV	Human Immunodeficiency Virus
NACADA	Acronym for the National Campaign against Drug Abuse Authority

TABLE OF CONTENTS

DECLARATION	ii
DEDICATION	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	vi
LIST OF ABBREVIATIONS AND ACRONYMS	vii
CHAPTER ONE	1
INTRODUCTION	1
1.1 Background Information	1
1.2 Statement of the Problem	2
1.3 Research Questions	3
1.4 Research Objectives	3
1.5 Operationalization of Terms	14
1.6 Scope of the Study	3
1.7 Rationale/ Justification of the Study	3
1.8 Assumptions of the Study	4
CHAPTER TWO	5
LITERATURE REVIEW	5
2.0 Introduction	5
2.1 Theoretical Framework	5
2.2 Causes of Drugs and Substance Abuse among the Youths	6
2.3 Effects of Drugs and Substance Abuse	8
2.4 Measures to Combat Drug and Substance Abuse	12
2.5 Conceptual Framework	13
CHAPTER THREE	15
METHODOLOGY	15
3.0 Introduction	15
3.1 Area of Study	15
3.2 Research Design	15
3.3 Population and Sampling	15
3.4 Data Collection Instruments	16

3.5 Data Analysis and Interpretation	17
CHAPTER FOUR	18
STUDY FINDINGS AND DISCUSSION OF THE RESULTS	18
4.1 Presentation of the Results	18
4.2 Types of Drugs and Substances abused	18
4.3 Factors influencing Drug and Substance abuse	19
4.4 Problems (effects) associated with Drugs and Substance Abuse.	25
4.5 Community Initiatives to Fight Drug and Substance Abuse	25
CHAPTER FIVE	27
SUMMARY, CONCLUSION AND RECOMMENDATIONS	27
5.1 Introduction.....	27
5.2 Summary of the Study.....	27
5.3 Conclusion	29
5.4 Recommendations	29

APPENDICES

A: Youths' Questionnaire

B: Community Members' Questionnaire

C: Research Work Schedule

D: Budget

E: Research Authorization Letter

CHAPTER ONE

INTRODUCTION

1.1 Background Information

Various people describe drugs in a variety of ways. By definition, a drug is anything that when consumed by a living organism tends to alter one or a myriad of its functions. Owing to their chemical nature, drugs (legal or illegal) alter body functions, how people think, perceive things or act. These include substances that are useful or harmful to the body. There are numerous ways through which drug administration can be done. There are drugs that are injected, chewed, smoked while others are sniffed. According to Ghodge (2003), drugs are substances that other than those required for the conservation of normal health modify how certain processes within the body of the organism when consumed. On the other hand, in the field of medicine, drugs are considered to be elements that have curative or preventative capabilities against diseases.

It is not uncommon to find people consuming drugs for purposes other than what is recommended or more often than not recommended. Ghodge (2003) contends that drug abuse occurs in instances when drugs are used for non-medical purposes. From a general perspective, substance abuse, also referred to as substance abuse, encompasses the consumption of substances such as tobacco, alcohol or other substances that have no medical value and are more often than not detrimental to one's health. Another definition of substance focuses on the intake of psychoactive substances so as to alter an individual's psychological state. However, it is worth noting that this only applies in cases where there is no medical supervision. The continued consumption of drugs eventually leads to a condition referred in medical circles as pathological drug dependence. When an individual reaches such a state, they become unable to desist from consuming the drug even when it becomes apparent the drugs might be causing considerable health damage to them individually or to other people around them. The negative consequences arising as a result of drug abuse are well documented, whether it is the effects on the individual or society.

Ndetei (2004) notes that drug and substance abuse among the youth in Kenya's urban set up has been on an upward trajectory over the past few years. To overcome challenges and problems plaguing them, the country's youth population has turned to the consumption of both licit and illicit substances. As a result of the markedly high levels of drug consumption in this age group,

crime rates and incidences of domestic violence have also been on the rise. According to Ndeti (2004), as of 2004, the HIV/AIDS prevalence rate among drug users injecting drugs stands between 68% and 88%. Previous research findings have shown that Cannabis Sativa (bhang) is the drug of choice for most drug abusers in Kenya. Heroin, Khat, cocaine, benzodiazepines, inhalants and amphetamine-type stimulants are also common drugs abused in the country. Today, the regions most affected by the drug problem are Nairobi and Mombasa (Chege, Mungai & Oresi, 2017).

The study therefore seeks to interrogate the enabling circumstances which make the Youths and Young adults victims of alcohol abuse from modes as exposed by Kessel and Walton (1965) viz incitement, opportunity, example and accessibility. The researcher found Likii sub-location in Laikipia East sub-county rich area to conduct the study due to its notoriety in the brewing, sale and consumption of illicit brews and trafficking of drugs.

1.2 Statement of the Problem

Cases of drug and substance misuse among the youths are rising steadily and at a worrying trend not only in Laikipia East sub-county but also in most parts of Kenya. If intervention measures are not put in place, the fate for future generation is at stake. Most youths have become addicts, hopelessness and uninterested in getting married. Even those in marriage relationships, many of them have abdicated their conjugal rights threatening procreation process.

Many youths indulge themselves in drugs and substance abuse for all sorts of reasons. They range from dysfunctional families, peer influence, availability of alcohol and drugs, influence of the social media, unemployment and stress to mention a few.

The financial repercussions of alcohol abuse are severe, especially for the poor.

If the vice is left unchecked, there will be high crime rate and loss of future generation. Hence, there is need to investigate the factors influencing the vice among the youths with the aim of creating awareness on the effects of using the same. The study will also be a source of reference material for future researchers on the same topic.

1.3 Research Objectives

The main objective is to examine the elements influencing drug and substance misuse amongst the youths in Kenya and make recommendations aimed at curbing the vice.

The specific objectives are to:

- i. Identify the most abused drugs and substances in Laikipia East Sub-County.
- ii. Determine contributing factors causing initial use and influencing drugs and substance abuse among the youths.
- iii. Identify specific problems associated with drug and substance abuse amongst the youths and society as a whole.
- iv. Identify community initiatives employed to fight drug and substance abuse

1.4 Research Questions

- i. Which are the most abused drugs in Laikipia East Sub-County?
- ii. What are the probable causes of drugs and substance abuse among the young people in Laikipia East Sub-County?
- iii. What are the specific problems faced by drug and substance abusers?
- iv. What community initiatives are there to fight drug and substance abuse?

1.6 Scope of the Study

The study covered four villages in Likii sub-location, Central division of Laikipia East sub-county. Specifically, the study focused on the lapses in family set-ups and law enforcement agencies which together with other factors greatly contributed to drugs and substance abuse among the youths. This study made use of youths, community members, National Government administrators and community data sets whose sample was reliable.

1.7 Rationale/ Justification of the Study

Research conducted on how drug and substance abuse influences social behavior indicates that substance abuse is linked to among others increased crime rates, student riots in schools, poverty, and a high prevalence rate of HIV/AIDS. It is worth noting that the youth are at most risk of falling into the relentless cycle of drug abuse. The reason for this is that young people are prone

to a media culture that portrays drug abuse as fashionable and social exposure (NACADA, 2006).

The study was expected to explore the factors influencing drug abuse amongst the youths and its effects in the functioning of the family and society at large. The findings of the study were anticipated to aid law enforcement agencies, policy makers and other stakeholders in the fight against the vice. The study was also intended to be a source of reference to scholars and consultants as well as law enforcement agencies involved in curbing the menace in the community.

1.8 Assumptions of the Study

- i. Law enforcement agencies are well versed in the rule of law and the provisions of the Constitution of Kenya, 2010
- ii. Drugs in this study referred to illegal chemical substances that alter bodily functions.
- iii. The respondents would give actual information on drug and substance abused without fear of legal issues surrounding illicit drugs.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This section involves a review of related literature on the factors that contribute to the culture of drugs and substance abuse among the youths in Kenya, possible ways of correcting the situation and the gaps to be filled by the study.

2.1 Theoretical Framework

The study was built on the premise of the following two theoretical models namely the problem behavior and deviance theory, and the social learning theory.

(a) The problem behavior and deviance theory

According to this theory, a dynamic state that forecasts which and when individuals are likely to change is generated by the connection among elements of demographic social structure, the supposed social environment and personality systems (Jessor & Jessor, 1978).

According to this theory, the pattern of social-psychological characteristics defining problem-behavior proneness include “lower value on achievement and greater value on independence, greater socialization, more tolerance of deviance, and less parental control and support, more friends’ influence, and more friends models and approval for drug use in the perceived environment system; more deviant behavior, less church attendance, lower school achievement in the behavior system” (Jessor 1976). As such, a high score on the above characteristics implies an earlier onset of a certain behavior.

(b) The Social learning theory

The Social Learning Theory is founded on the premise that role models have a significant influence with regard to shaping adolescent perception of anti-social behavior. According to the theory, there are three consequential effects which define an adolescent’s association with substance-using models. The first consequential effect is the observation and copying substance specific behavior. The second consequential effect is encouragement and support which can otherwise be referred to as social reinforcement of Early Substance Use otherwise referred to as

ESU. This culminates into the teenager's affirmative social and psychological consequence for future ESU.

Once an individual adopts the unusual activities particular to certain aspects of the abnormal subculture generates admiration and acceptance. However, this only happens to a particular extent, that is, when a certain behavior goes contrary to the accepted norms of a membership group (Kaplan, 1975).

2.2 Causes of Drugs and Substance Abuse among the Youths

In the past twenty years, an unprecedented increase in the rate of drug abuse, both illegal and therapeutic drugs has threatened to derail societal advancement. The spike in the rate of drug abuse has been witnessed in almost every part of the globe. The drug scourge has not spared any country: drug and substance abuse is very much a challenge and a devastating problem.

Studies have revealed that drugs and substance misuse is influenced by a "complex, interacting network of sociological, psychological and biological variables" (Barnes, 1997; Campbell, 1983).

For example, it is documented that the Inkas, a community found in South America, consumed cocaine owing to the fact that it occupied a central role in their religious and social systems. According to Wolmer (1990), cocaine consumption among the Inkas stretched back throughout their civilization stretching back to 1200 AD to 1500 AD.

Peter Mortimore, (1983) remarked, "parents help share or shape child's behavior by means of their selective encouragement and discouragement of particular behavior, by discipline and the amount of freedom they allow, the time, quality of parents response also help shape good or bad behavior."

Hundleby and Mercer (1987) discovered that the absence of parental affection in terms of parental concern, involvement and modeling are key factors that play a significant role in the family's influence on an individual's propensity to abuse drugs. Hundleby and Mercer found that family influence accounted for more than twenty percent of variance in drug abuse.

Vicary and Lerner (1986) contend that a variety of parenting deficiencies while raising children contribute to adolescent drug abuse. For instance, conflict between parents and kids, inconsistent

discipline, restrictive discipline and maternal rejection are connected to drug and substance abuse. As a solution for this conundrum, Vicary and Lerner (1986) proposed that to curtail drug problems in children, parents would need to be creative in the way they set limits to prevent conflicts, and also ensure there is consistency to the way they discipline their children.

When young people abuse drugs, a myriad of reasons are given as justification for indulging in such destructive behavior at such a young age. These reasons range from dealing with anxiety and uncertainties of becoming adults to dealing with everyday challenges and problems (Goddard & Lee, 1989). In addition to this, factors that might be beyond an individual's control such as personality, genetics as well as the environment are also fundamental determinants of drug abuse.

In Kenya's case, the consumption of intoxicants such as traditional brew and traditional herbs can be traced back decades to the pre-colonial era when they were consumed as part of community traditions. It is interesting to note that in most communities, virtues and values guiding the use of intoxicants had been established and were strictly adhered to. In most cases however, tobacco use and alcohol consumption was most often than not a privilege enjoyed by the male elders. The traditional African setting was governed by strict social structures and for this reason, drug abuse never manifested itself as a social problem. Strong kinship ties running through a variety of social institutions is considered as one of the reasons why there were low levels of drug abuse. To ensure drugs were not misused, traditions and taboos were strictly adhered to and upheld by all in the community.

Rees and Wilborn (1983) argue that adolescents who portray a negative attitude towards themselves in the different aspects of life, for instance social or academic, often find themselves engaging in drug and substance abuse. Challenges with the adolescent's self-confidence were made worse by the adolescent's supposed disagreement with parents on their behavior. According to the authors, improved family relationships would effectively foster improved self-esteem in the adolescents (Rees & Wilborn, 1983).

In many societies, alcohol use is usually associated with pleasure and for this reason many people do not take into account the dire consequences that overindulging in alcohol. Over consuming alcohol eventually leads to a condition known as alcohol dependency (Browne &

Miller, 2009). In this case, an individual has to contend with an unrelenting urge to drink. At the same time one loses control while physical addiction means that one only drinks alcohol with the intention of getting high. According to Browne and Miller (2009), alcoholism like many other lifestyle diseases is chronic. As such, it can be influenced by one's lifestyle and genetic makeup

Although drug abuse affects the general population, the section of the population that is at most risk is the youth. This is because young people are bound to be tempted into experimenting with alcohol and other substances. Oketch (2008) notes that the age at which young people consume alcohol for the first time has dropped to as low as four years. In Kenya, this trend is attributed to the introduction of foreign ways. Furthermore, the problem of parents abdicating their parental roles has also been put forward as a reason adolescents end up engaging in drug abuse. For instance, parents in Kenya today neglect their responsibility of raising their children in an environment of love leaving them at the mercy of outside influence which includes the media.

From a global perspective, people have in the past explored the properties of different plants, fruits, roots and even nuts. This was informed by a need to eventually use the products as drugs in various forms. The eventual use of these products was usually determined by their inherent pharmacological effects, how long and intense their effects were as well as their nature (Kombo, 2005).

2.3 Effects of Drugs and Substance Abuse

Continued and uncontrolled abuse of drugs is regarded as the one of the causes of both long and short term health problems. Furthermore, risky social behavior has been proven to be caused or aggravated by substance abuse.

One of the most common drugs consumed in the country is alcohol and it is for this reason that numerous initiatives have been started to raise awareness of the negative consequences of alcoholism. Child neglect is just but one of the negative effects of alcoholism. Neglected children end up having lasting damage which hampers their emotional development. In the end, such kids might end up consuming alcohol or consuming other drugs themselves, a factor which continues the vicious cycle (Berman, 1992). In addition to feeling inadequate over their inability to liberate their parents, such children might turn to abusing drugs to escape their seemingly inescapable conundrum.

Nonetheless, the issue of alcoholism is more than just a social and economic problem in Kenya today. Alcohol abuse is pervasive all over the country and it is no wonder that Laikipia East is also affected. Here, the problem of alcoholism is widespread. Alcoholism and the corresponding effects on the family are felt. The wide spread practice that sees young people consume alcohol almost on a daily basis cuts across the ethnic, religious and social divides in Laikipia East (Cotran, 2008).

Adolescents who have been brought up in homes where one or both parents are alcoholics may end up replicating their parents' behavior patterns. There are numerous documented cases of boys raised by alcoholic parents becoming alcoholics themselves while girls eventually get married to alcoholics or are so traumatized that they avoid marriage altogether. Since children from such families are raised in dysfunctional homes, their emotional needs are thus neglected. As such, it is not uncommon to see children from such families being attracted by situations that are at best emotionally painful (Barrow, 1991).

For spouses married by alcoholics, there are numerous negative effects accruing to a life having to deal with an alcoholic. For instance, feelings of hatred, self-pity in addition to mental torment are just few of the challenges they are forced to contend with. In cases whereby one of the parents is an alcoholic, the other spouse is burdened with the responsibility of taking care of the family alone (Berger, 1993). In the long run, financial difficulties follow as the alcoholic parent becomes more of a burden as challenges follow them with unemployment and the large amounts of money spent on alcohol. Furthermore, certain privileges are also foregone as more of the family's financials are diverted to the rehabilitation of the affected spouse.

According to a survey titled "*Exposure to Alcoholism in the Family*" conducted in 1998, alcoholism and substance abuse is one of the key factors behind early widowhood. In addition to this, alcohol is at the forefront as one of the main reasons for divorce. According to Berg (1993), researchers studying alcoholic families have discovered that most marital problems start because of alcoholism. It is interesting to note that the same experts concluded that the family of the alcoholic, the spouse and children, may also contribute to the habit of the drinker in the process worsening it (Berg, 1993).

Adolescent drug addiction is not limited to class or background (Thorne & De Blassie, 1985). Individuals from all backgrounds and social classes are all prone to falling into the trap of drug abuse. To put this into perspective, in today's contemporary society, about one of six adolescents suffer from chemical dependency (Chege, Mungai & Oresi, 2017). While drug addiction does not discriminate, the section of the population mostly affected in any society is usually the youth. In Kenya, the youth have to contend with joblessness and are thus idle most of the time. To while away the time, they end up turning to drugs and other socially deviant behavior. When the most productive section of the population is enslaved by drug abuse, the economy suffers in two main ways. First, there is the loss of valuable input in the production process and the costs incurred in the rehabilitation process (Chege, Mungai & Orese, 2017). In addition to this, addiction to drugs is described as a chronic brain disease with the potential for relapses. This is why drug abuse is considered to be so dangerous affecting not only the individual but also the people around them.

Alcohol is known to wreak havoc on the body and adversely impacts the wellbeing of the individual and those around them (Barrows, 1991). In Laikipia East sub-county, the negative impacts of alcoholism are marked and are evidenced by dysfunctional and emotionally inhibited families (Berman, 1992).

Alcoholism according to Neil Kessel and Henry Walton in their book, "Alcoholism is a serious illness", damages the body and shortens life. Socially, it causes untold harm not only to the sufferer but also to his family. For the drinker, his welfare supersedes that of their family and their needs come first (Cotran, 2008).

Experts studying alcoholic families have discovered that teenagers being raised in such environments are more prone to develop phobias. Furthermore, it is general knowledge that crime and violence are both connected to alcoholism. For this reason, it is not uncommon to find that battery and crime are common in alcoholic families. Berger (1993) contends that about 30% of cases involving father-daughter incest and about 75% domestic violence cases involve one or more family members who are alcoholic. However, it is disturbing to note that individuals who fall victim to incest and domestic violence at times end up blaming themselves for everything that befalls them.

Parental alcoholism has effects on normal children of alcoholics. Many of those children have common symptoms such as low self-esteem, loneliness, guilt, feelings of helplessness, fears of abandonment and chronic depression (Berger, 1993). Children of the alcoholics may feel responsible for the problems of the alcoholic and may think they created the problem; such children often experience high levels of tension and stress (Doyle, 2011).

Studies have also shown that because children of alcoholics feel that they are different from other people, they develop a poor self-image in which they closely resemble their alcoholic parents (Silverstein, 1990).

Also teenage children of alcoholics may develop phobias. Because crime and violence is associated with alcoholism; incest and battering are common in alcoholic families. According to Berger, almost 30 % of father-daughter incest and 75 % of domestic violence cases involve a family member who is alcoholic. Incest and battering victims often blame themselves for what has happened. Because they feel so guilty, ashamed and helpless, they themselves may turn to drinking as the way to escape the pain.

The national survey conducted by the National Agency for Campaign against Drug Abuse (NACADA) revealed that Kenyan youths are drunken zombies with diminishing intelligence levels and highly irritable and deviant behaviors.

Kenya's urban setting is rife with instances of young people engaging in drug and substance abuse and this trend is on an upward trajectory which is in itself worrying. As a result of the copious use of illicit substances mostly among the youth and young adults, incidences of crime and domestic violence have also been on the rise. A study conducted by Ndeti in 2004, the prevalence rate of HIV/AIDS among the youth was estimated to be between 70% and 90% (Ndeti, 2004). As noted earlier, there has been an upward trend in the prevalence rate of the number of individuals abusing drugs and in the same way, the prevalence rate of HIV/AIDS is also expected to have increased over the past decade. A wide body of research indicates that there is a direct link between drug abuse and the incidence of HIV/AIDS. According to a study conducted by UNODC East Africa in 2016, the prevalence of the infection among the drug injecting population in Kenya has been on the rise over the past decade and currently stands at 79% (Chege, Mungai & Orese, 2017).

2.4 Measures to Combat Drug and Substance Abuse

Cognizant of the fact that drug and substance abuse is a serious problem in the country owing to the negative impact it has on the economy and the economy as a whole. As such, various measures have been initiated. They include:

- The enactment of the Alcoholics Drinks Act, 2010, which came into effect on 22nd November, 2010, replacing the Chang'aa prohibition Act (Cap 121); and the Liquor Licensing Act (Cap 121) and sanctioning the National Campaign against Alcohol and Drug Authority (NACADA) to become the sole regulator of the sale and production of alcoholic products in Kenya
- The Alcoholics Drinks Act, 2010 came into effect, mainly to protect families where alcohol consumption had led to the family heads, namely the men unable to perform the duty placed upon them by society of protecting and providing for the family (Grant, 1998) . The enforcement of the Alcoholic Drinks Control Act, 2010 therefore aims to control alcohol consumption.
- Alcoholic drinks regulation authorities and committees responsible for ensuring the implementation of the provisions of the Alcoholics Drinks Act of 2010 as well as any subsequent regulations.
- Ban on brewing and consumption of local brews from unlicensed brewers: This ban was necessitated as a result of death and loss of sight after several people consumed a highly intoxicating local brew 'kumi kumi'.
- Enactment of the Narcotic Drugs and Substance (control) Psychotropic Act (1994).
- The National Coordinator of the Campaign against Drug abuse (NACADA) to be at the forefront in the war against drug and substance abuse in Kenya.
 - i. Start public education programs against drug abuse.
 - ii. Develop strategies aimed at reducing drug abuse among the young population.
 - iii. Sensitize parents on the need for them to play their part and their functions as mentors and role models.
 - iv. Initiate rehabilitation programs for drug dependent persons

2.5 Conceptual Framework

Drug and Substance abuse amongst the youths may be influenced by several factors. They range from poor parentage, peer pressure, ease accessibility of drugs, poverty, unemployment, need to relief stress, influence of western culture, Influence of social media and weak laws to mention a few.

In a bid to address the dangers posed by the drugs to the youths, a number of intervention measures have been put in place. They include: creating awareness on the negative impacts of drug and substance misuse through public barazas and meetings, counseling the youth, creating activities to keep the youths busy, prosecution of those using and peddling drugs among others.

This is illustrated in the framework below:

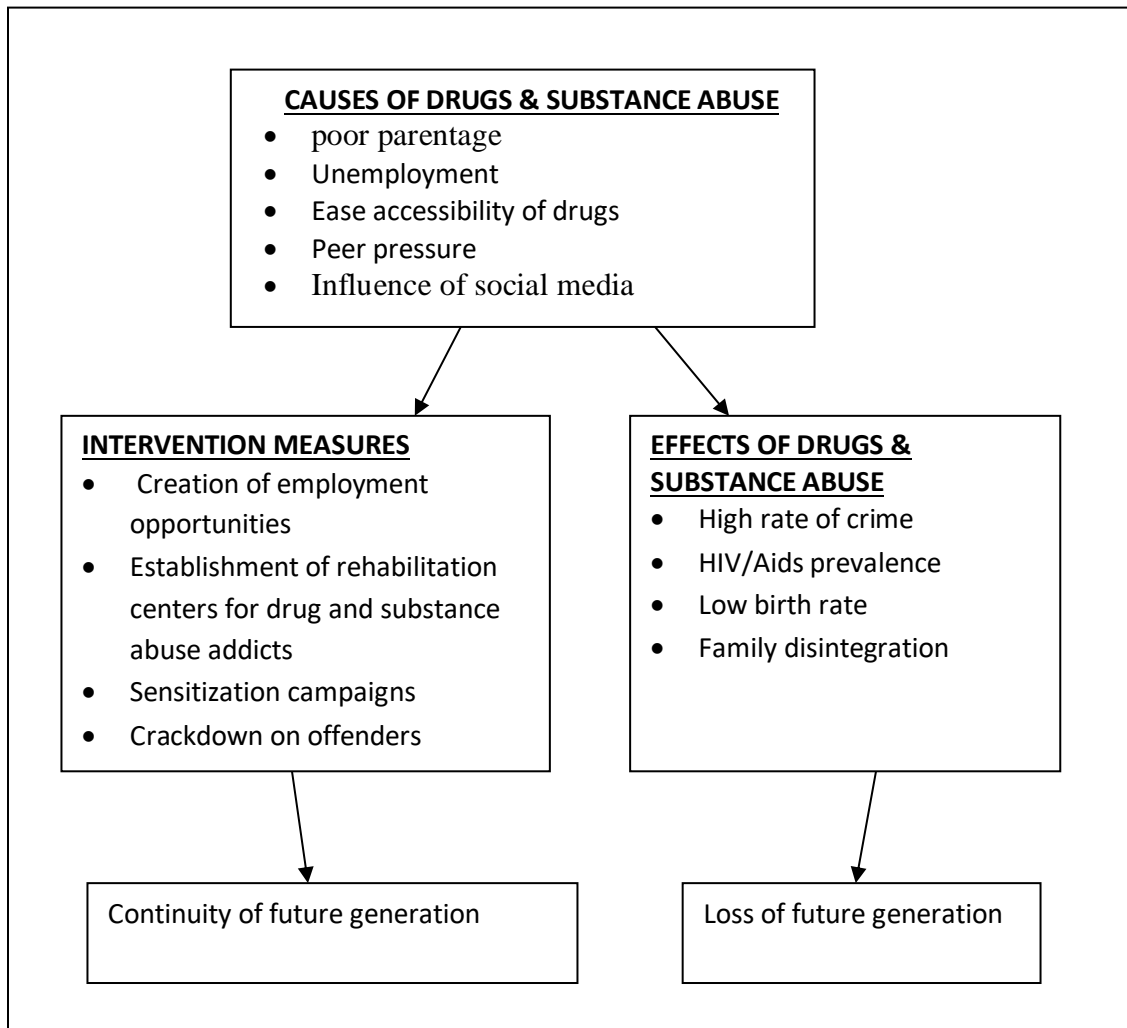


Figure 1: Conceptual Framework

1.5 Operationalization of Terms

The following terms are used in the study to mean as indicated below:

Drug and Substance Abuse: Refers to the use of chemicals other than in sickness

Consumption: Intake of brews for enjoyment, socialization, relief of stress (anxiety) or for any other reason, or due to an addiction.

Youth: Refers to both male and female persons between the ages of 18 to 35 years.

Basic needs: Includes all the needs required for the family to function and grow. They include food (including water), medicine, shelter, clothing and education.

Second Generation Brews: All cheap affordable alcoholic liquids either locally processed or imported. These Includes alcoholic spirits, wines, whisky, brandy, beer, etc

Law enforcers: A section of a country's security organ charged with the responsibility of law enforcement, and crime investigations. In Kenya they include National Police Service, National Government administrators, and the judiciary.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This section describes the research methodology, which was used in the study. It describes the research design, the area of study, the study population, sample and sampling methods of data collection and analysis.

3.1 Area of Study

The study was carried out in all the four villages of Likii Sub-location, Central division in Laikipia East Sub-County. The Sub-County is bordered by Laikipia Central Sub-County to the west, Laikipia North Sub-County to the north, Buuri Sub-County (Meru County) to the north-east and Kieni East Sub-County (Nyeri County) to the south-east. It has a population of 76,461 people as projected from the 2009 population census spread over 1950.8 sq km area. It has a poverty index of 49.4 %. Likii Sub-location covers approximately 1.7 sq km. (Source: Kenya National Bureau of statistics- Laikipia statistics office, 2012)

3.2 Research Design

The study implemented a triangulation design that combines both qualitative and quantitative research techniques and measures (Mugenda & Mugenda, 2003). This technique seemed to be suitable because it accorded the researcher the opportunity to investigate the factors influencing drugs and substance abuse among the youths. Descriptive survey design allows for facts to be gathered as regards what presently exists about phenomena, without manipulating the variables (Moore, 1083).

3.3 Population and Sampling

The study focused on four villages in Likii sub-location of Laikipia East sub-county. The sub-location has four villages with a population of 6097 people and 2189 households. (Source: Kenya National Bureau of statistics- Laikipia statistics office, 2012). The study targeted all the 2189 households, 120 participants each for youth and 120 community members, one chief and one assistant chief.

Stratified sampling was used to select youths and community members from each village in Likii Sub-location; with each group as a representation of the entire population of Laikipia East Sub-

County. This enabled the researcher to deal with each group differently. Simple random sampling was used to select homes in each village, by extension community members. In this method the name of various households were written on chits and put in a container and mixed thoroughly. Then the required name of chits was drawn from the container. A total of one hundred and twenty participants from each group were sampled and used for the study.

3.4 Data Collection Instruments

Several instruments were utilized to capture information from respondents; these were interviews using self-completion questionnaires (Youths, community members and other key respondents) and through observation. There were different questionnaires for youths and community members with closed and open ended questions while structured interview schedule was used to get information from the area Chief and Assistant Chief relating to type and source of drugs and substances; reasons why youths abuse the same and community initiatives to combat the vice in their areas of jurisdiction. Also the challenges they face in the fight against drug and substance abuse. The interview schedule allows for more clarification of various vague responses and statements (Gall, M. Borg, and Gall J, 1996)

3.4.1 Youths' Questionnaire

This was used to collect data from youths. It focused on response pertaining to the family status and factors outside the family background which have influence on their indulgence in drug and substance abuse. The sample youths' questionnaire is given as Appendix A

3.4.2 Community Members' Questionnaire

This sought to find out the types and quantities of drugs and substances abused in the villages and the sources of the same. It also elicited information on the problems faced by those abusing drugs and substances. Sample community members' questionnaire is give as appendix B.

3.4.3 Interview Schedule for Area Chief and Assistant Chief

This was employed to elicit the following information:

- a) The types and sources of drugs and substances in the Sub-location.
- b) The factors influencing youths and young adults to abuse drugs and substances

- c) The community initiatives to fight drug and substance abuse
- d) The challenges they face in combating the vice

The sample Chief/Assistant Chief's and questionnaire is given as Appendix C

3.5 Data Analysis and Interpretation

The data collected was then checked, verified, processed and analyzed through SPSS system. This enabled the researcher to come up with frequency and percentage tables for various variables of interest. The data findings were tabulated and frequencies and percentages for each variable under study calculated. This was interpreted and presented in form of tables, frequencies and percentages. This formed the basis of quantitative data analysis for purposes of illustration and interpretation of various issues regarding drug and substance abuse. In terms of qualitative data, the researcher made use of subjective analysis, using likert scale measures including very loose, loose, strict and very strict.

Charts and tables were drawn to represent information regarding types and quantities of drugs abused; factors influencing drugs and substance abuse; effects of drugs and substance misuse on youths and community at large and last but not least community initiatives to fight drug and substance abuse.

CHAPTER FOUR

STUDY FINDINGS AND DISCUSSION OF THE RESULTS

This section presents an outline of the findings on the research study. The findings are based on the data which the researcher collected and analyzed from the four villages of Likii Sub-location namely, Staff village, Mutarukire or Likii Centre village, Gathanje village and Likii B village.

4.1 Presentation of the Results

The data collected from respondents was classified, edited, coded and tabulated. Data breakdown based on search objectives and questions was analyzed using statistical tools such as charts, frequency distribution tables and graphs. The results of the analysis was further presented and classified into quantitative and qualitative analysis

4.2 Types of Drugs and Substances abused

Table (i): Drugs and Substances Consumption by Type

DRUG	RESPONDENTS	
	EVER TAKEN	NEVER TAKEN
Alcohol	60 %	40 %
Miraa	30%	70%
Cannabis Sativa (marijuana/bhang)	15%	85%
Heroin	1%	91%
Cocaine	0	0 %
Amphetamines/mandrax	0	0%
Others	30%	70%
Cigarettes	25%	75%
Kuber	8%	92%
Inhalants (glue, paint thinners)	10%	90%
Shisha	2%	98%

Source: Field Data (2017)

The table above shows that alcohol was the most widely abused drug in the Sub-County (60%). It is followed by miraa and bhang (30% and 15% percent respectively). The sniffing of volatile solvents, such as glue or paint thinners is also on the rise among the youths

4.3 Factors influencing Drug and Substance abuse

The study found that there are various factors contributing to drug and substance abuse. They were grouped into demographic, social cultural and economic factors.

4.3.1 Demographic factors.

The 120 respondents being the youths from Likii Sub-location were categorized by gender, age, academic achievement and type of occupation. The responses in relation to the contribution of the factors to drug and substance abuse were quantified and expressed in terms of frequencies and percentages as shown in the table below:

Table (ii): Frequency of Demographic Factors in relation to Drug and Substance Abuse

Demographic factors contributing to drug abuse in the study area	Frequency	Percentage	Rank
Occupation	42	35%	1
Gender	36	30%	2
Level of education	24	20%	3
Age	18	15 %	4
Total	120	100%	

Source: Field Data (2017)

The findings in table (ii) above indicate the respondents reported occupation accounted for 35% for factors contributing to drug and substance abuse, 30% of the respondents said that gender factor accounted drug and substance abuse, 20% said that level of education accounted for drug and substance abuse and lastly age accounted for 15%.

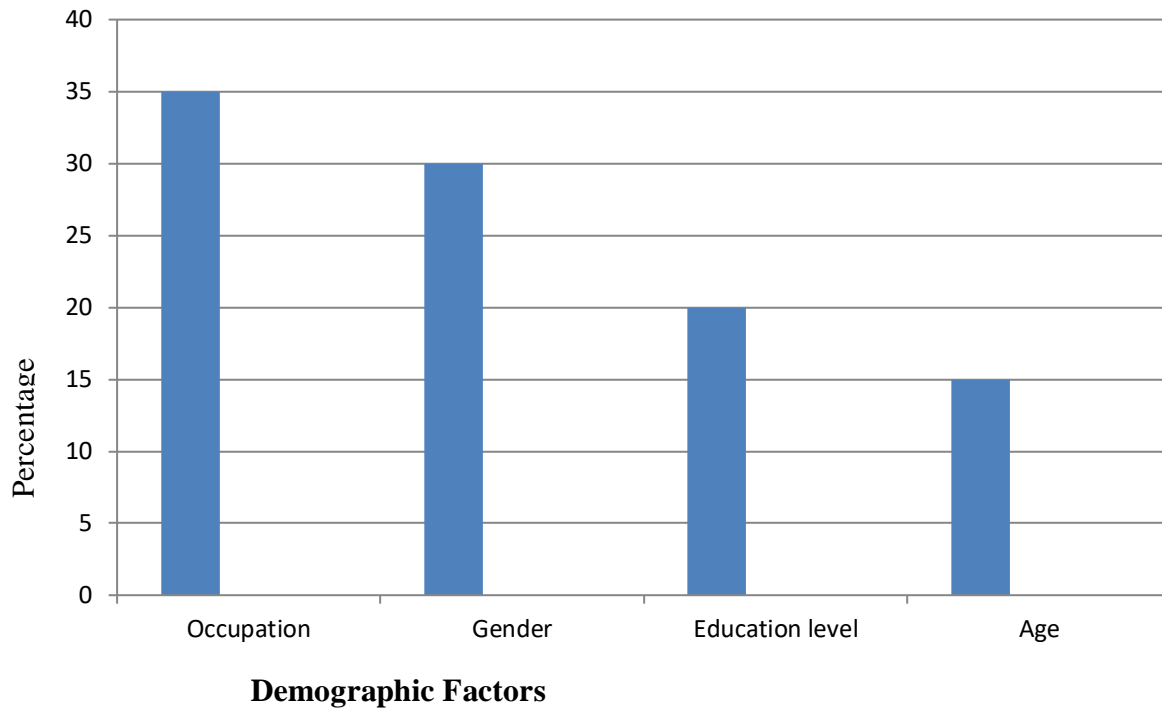


Figure 2: Demographic factors contributing to drug and substance abuse

4.3.2 Social Cultural Factors

Social cultural factors were differentiated using elements such as influence from friends, poor parentage, ease in accessibility of the drug et al. In terms of gender, both male and female consumed most of the licit drugs than illicit substances.

Table (iii): Social cultural factors contributing to drug and substance abuse

Factor	Frequency	Percentage (%)	Rank
Influence from friends (Peer pressure)	40	33.3	1
Poor parentage	30	25	2
Ease accessibility of the drug	25	20.8	3
Need to experiment (Curiosity)	15	12.5	4
Others	10	8.3	5
Total	120	100%	

Source: Field Data (2017)

Study findings indicate that peer pressure was the most influential factor influencing one to engage in drug and substance abuse accounting for 33.3%; Poor parentage was ranked number two (25%); Ease accessibility of the drug came third (20.8%) ; Curiosity followed in position four (12.5%) while other factors accounted for 8.3 %.

(a) Extent to which peer pressure contributes to Drug and Substance Abuse

Table (iv): Influence of Peer Pressure to Drug and Substance Abuse.

Rating	Frequency	Percentage
Yes	40	33.3
No	80	67.7
Total	120	100

Source: Field Data (2017)

The findings show that peer pressure accounted for 33.3% of the factors causing drug and substance abuse whereas those who said that there is no correlation between Peer pressure and Drug Abuse accounted for 67.3%.

(b) Extent to which poor parentage contributes to Drug and Substance Abuse

Table (v): Influence of Poor Parentage to Drug and Substance Abuse.

Rating	Frequency	Percentage
Yes	30	25
No	90	75
Total	120	100

Source: Field Data (2017)

The findings show that poor parentage accounted for 25 % of the factors causing drug and substance abuse whereas those who said that there is no correlation between poor parentage and Drug Abuse accounted for 75%.

Table (vi): Type of Company when taking drugs and substances

Company	Frequency	Percentage
Friends	77	64
Alone	31	26
Relatives	8	7
Others	4	3
Total	120	100

Source: Field Data (2017)

The findings show that friends accounted for 64 % of the factors influencing drug and substance abuse, followed by taking alone (26%), taking with relative (7%) and influence by others (3%) in that order.

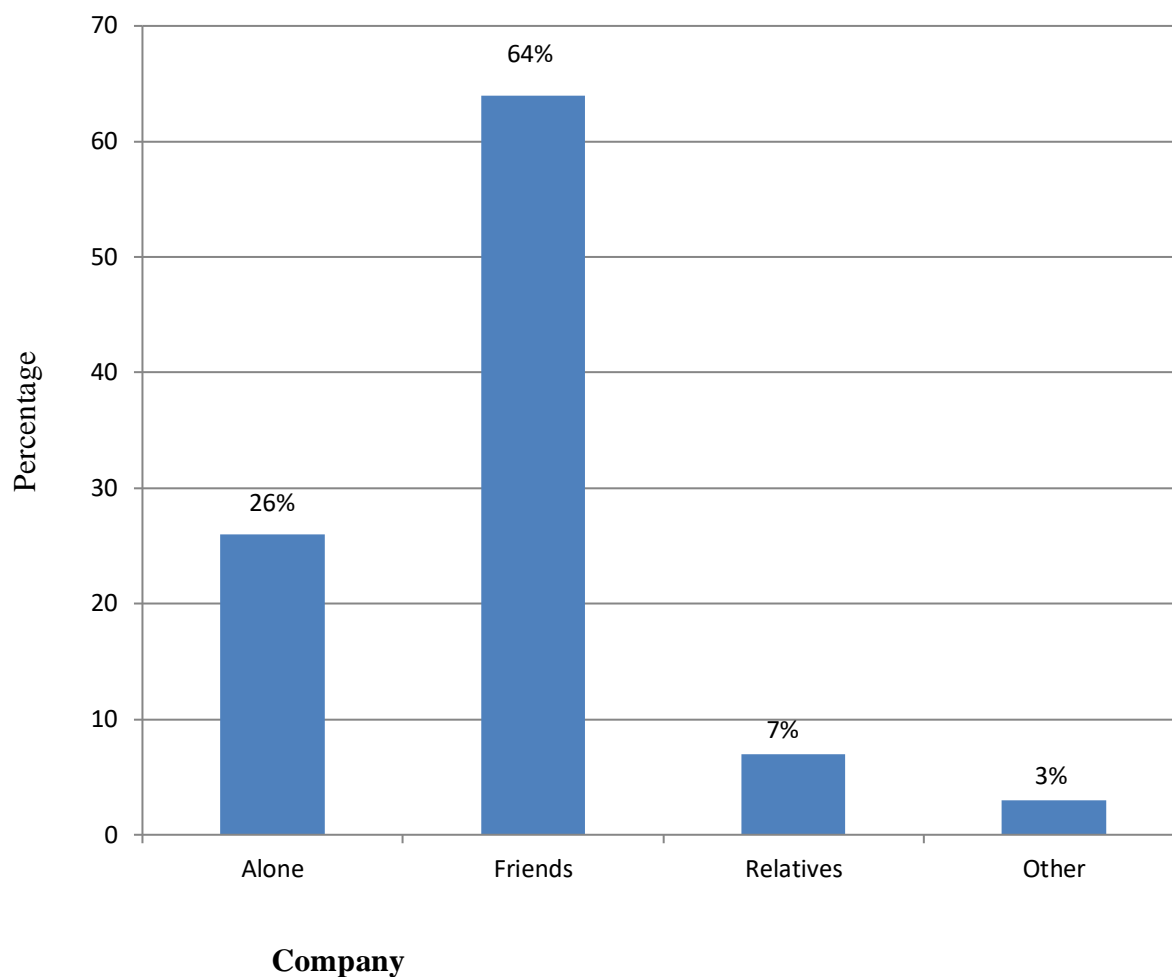


Figure 3: Type of Company when taking Alcohol

4.3.3 Economic factors

For purposes of the study, economic factors were differentiated using; joblessness (unemployment), high poverty level and the cost of obtaining the drug. To establish the most influential factor contributing to drug abuse in the area, the frequency for the responses was tabulated as indicated in the table below.

Table (vii): Economic factors contributing to drug and substance abuse.

Economic factors contributing to drug and substance abuse in the area	Frequency	Percentage (%)	Rank
Unemployment	45	37.5	1
High poverty level	39	32.5	2
Cost of obtaining drug	36	30	3
Total	120	100	

Source: Field Data (2017)

The findings show that unemployment accounted for 37.5 % of the factors influencing drug and substance abuse, followed by high poverty level (22.5%) and lastly cost o obtaining the drug accounted or 30%.

This shows that unemployment was the leading factor influencing drug and substance abuse in the category of economic factors.

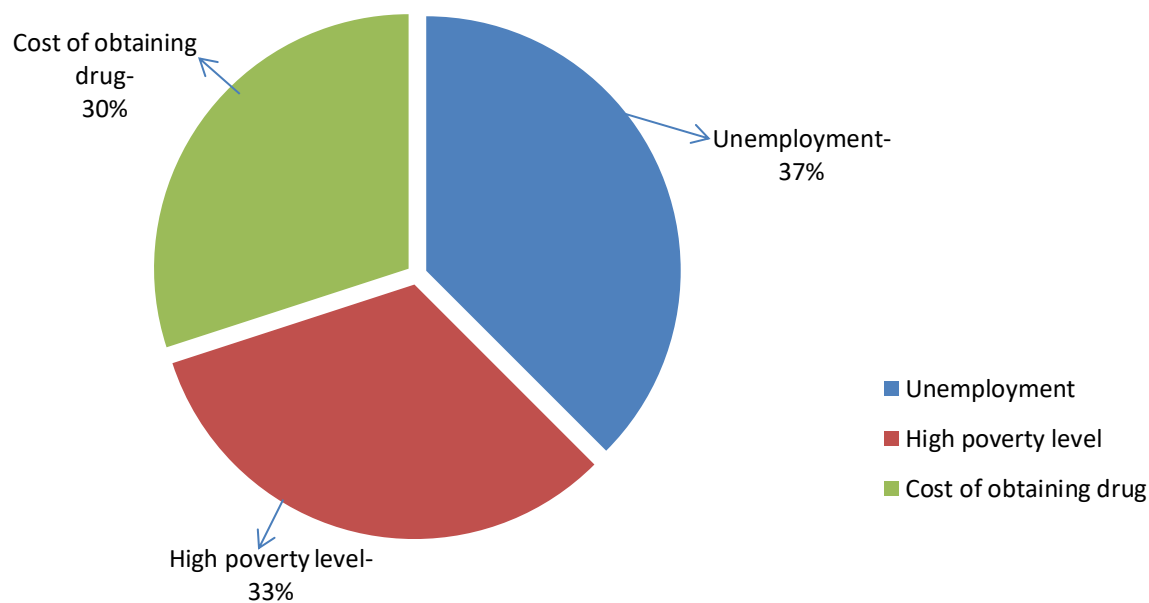


Figure 4: Economic factors contributing to drug and substance abuse.

4.4 Problems (effects) associated with Drugs and Substance Abuse.

Table (viii): Problems associated with Drug abuse

Problem	Frequency	Percentage (%)
High rate of crime	40	33.3
Dysfunctional families	35	29.1
Deaths	20	16.7
Poor health	15	12.5
Others	10	8.3
Total	120	99.9

The findings shows that high rate of crime accounted for 33.3 % of the problems associated with drug and substance abuse), dysfunctional families (29.1%): Deaths (16.7%), Poor health (12.5), others 8.3%.

4.5 Community Initiatives to Fight Drug and Substance Abuse

The table below shows the rating of initiatives the community has taken to fight drug and substance abuse.

Table (ix): Community initiatives to Fight Drug and Substance Abuse

COMMUNITY INITIATIVES	Frequency	Percentage (%)
Eliminating sources of drugs	35	29.1
Creating awareness on drug and substance abuse	30	25
Discouraging uncensored films and videos	25	20.8
Creating activities to keep the youths busy	20	16.7
Others	10	8.3
Total	120	99.9

The findings show that eliminating the source of drugs and substances accounted for 29.1 % of the factors influencing drug and substance abuse, creating awareness on drug and substance abuse (25%), campaign against uncensored films (20.8%), creating activities to keep youths busy (16.7%) and other initiatives accounted for 8.3%.

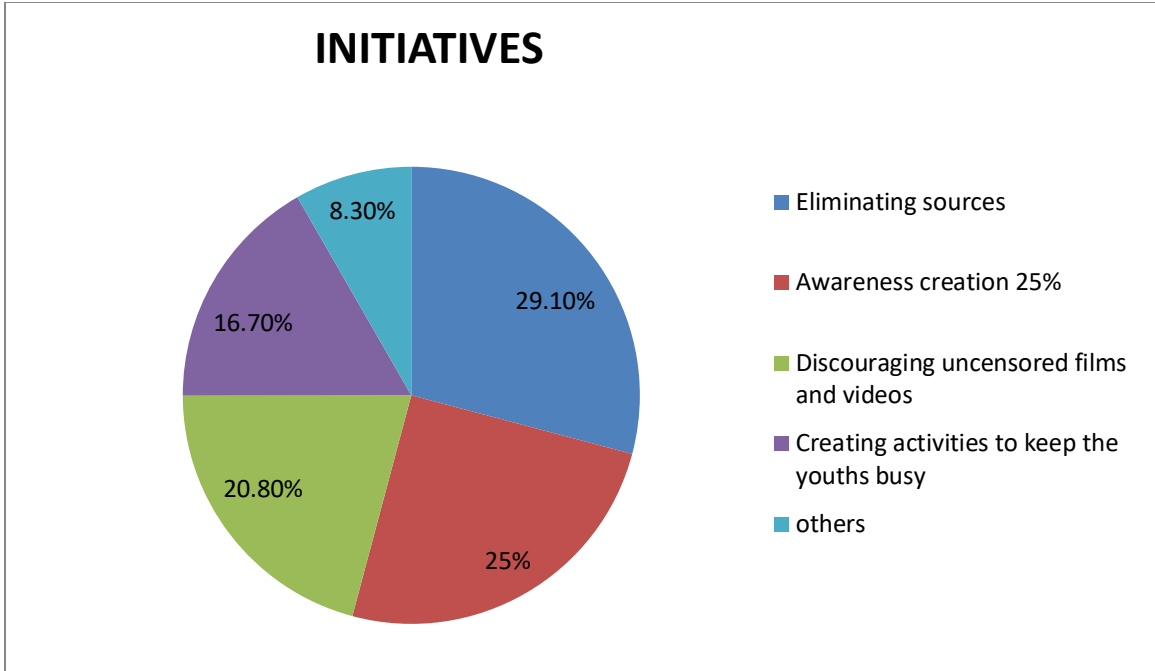


Figure (vi): Community Initiatives to Fight Drug and Substance Abuse

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This research has extensively studied and examined the factors impact the rate of drug and substance abuse amongst the youths in Likii sub-location of Laikipia East sub-county. This section therefore gives a summary of the factors contributing to drug and substance abuse by enlisting conclusions, making needful recommendations for future use and problems encountered during the research.

The factors influencing drug and substance abuse were researched from three categories of respondents ie; Youths, community members and local national government administrators. The data collection instruments included questionnaires, interview schedule and direct observation. Every questionnaire had at least 10 questions. It was assumed that the respondents gave actual information to the researcher.

5.2 Summary of the Study

The main purpose of this paper was to investigate the factors contributing to drug and substance abuse among the youths in Kenya, a case study of Likii sub-location, Laikipia East Sub-County. The specific objectives of the study were: To identify the most abused drugs and substances; to investigate the probable causes of drug and substance abuse; to identify the specific problems for drugs and substances abuse to youths and the community and to identify community initiatives to fight drug and substance abuse.

A descriptive survey design in which mixed methods (triangulation design) was used (Mugenda and Mugenda, 2003). The target population was 6097; being population of four villages of Likii sub-location out of which a sample size of 120 drug-affected youths and 120 community members representing each group were selected using both simple random sampling and stratified sampling techniques. Data was collected using questionnaires and it was analyzed using descriptive statistics based on the four objectives of the study. A review of related literature was done in order to establish the basis of the study.

5.2.1 Most abused Drugs and Substances by Youths

The study established that drug and substance abuse is widespread in the focus area with the most abused drugs and substances being alcohol(46%), khat (35%),cannabis sativa (marijuana/bhang) (25%), heroin(1%), cocaine (0%), others(30%), cigarette(24%) ,inhalant (glue, paint and thinner) (10%). The methods in which individuals consume the drugs vary depending on the kind of drug being used. The most common methods of application include oral administration, intravenous injection, inhalation and smoking. Of the total one hundred and twenty respondents, more than half admitted to have used drugs at one point in their lives.

5.2.2 Probable Causes of Drug and Substance Abuse among the Youths

The study classified the factors into three group viz demographic factors, social cultural factors and economic factors. On demographic factors, one's occupation played a great role in influencing drug and substance abuse; followed by gender, level of education and age in that order. In terms of gender, proportion of male abusing drugs is greater than females.

Social cultural factors contributing to drug abuse included peer pressure, motivation factors such as need to release stress, need to enjoy the potency of the drug and ease of accessibility of the drugs in the study area. The study also revealed that parents have not built strong and positive relationship with their kids; they don't talk about the substance abuse. The parents also allow their children to engage in drug and substance peddling as long as they received something. Also, as a result of being busy working they are unable to supervise their children. Community also at large contributes towards this menace in that there is lack of community ownership in this area. This leaves the children with a gap to explore the use of drugs and substances. In addition, there's also unavailability of role model and those available exalts the use of alcohol and drug which make it "cool".

The study also revealed that peer pressure plays a significant part in influencing drug and substance abuse in the focus region in comparison to other social cultural factors.

Economic factors contributing to drug and substance abuse included unemployment, poverty, and low cost of drugs. The study findings revealed that all the economic factors had a great significance as far as drug abuse is concerned in area with unemployment taking the lead.

5.2.3 Consequences of Drug and Substance Abuse

The effects of drug and substance abuse as revealed by the study include high school dropout rates, drug addiction and dependency, greater than before rates of crime, mushrooming of illegal activities such as gambling in a bid to get quick cash. Furthermore, other effects which may not be as serious as the ones listed above include divorce and deviance. In addition to this, there have been documented cases of deaths as a result of drug abuse and drug related activities.

5.2.4 Community Initiatives to Fight Drug and Substance Abuse

One of the initiatives by the community is sensitizing the community members and the youths by educating them on negative effects of drug and substance abuse. Other initiatives include: Church campaigns against drug and substance abuse, Prosecution of those involved in using and peddling drugs, creating activities to keep the youths busy and identification and elimination of the sources and distribution channels of drugs and substances abused to mention a few.

5.3 Conclusion

The study concludes that drug and substance abuse is a major problem which cannot be wished away. It has serious social, political, economic, medical and legal ramifications. Ignoring it is like sitting on a time bomb as it mostly affect youths who are referred to as leaders of tomorrow in the country. The clarion of the government of Kenya is “A working Nation” but this will remain a pipe dream for as long as the youth are “working on drugs”. Drug abuse not only affects the individual but the whole family often resulting in domestic violence and neglect.

Owing to this, there is need to sensitize the community and youths by educating them on the negative effects of drug and substance abuse in order to raise their awareness.

The law enforcement officers alone cannot succeed in the fight against drug and substance abuse alone. It requires concerted efforts by parents, community and other stakeholders to impart virtues, interests and goals of the society to youths.

5.4 Recommendations

Based on the findings of the study, the researcher recommended the following:

1. There is need for parents to built strong and positive relationship with their children and educate them on the dangers of drugs.

2. There is need for creating awareness on the importance of creating stable families for proper upbringing of children.
3. The government should impose ban on importation of harmful drugs and substances such as Kuber and shisha into the country
4. There is need to promote peer-counseling groups at village level and in various social forums.
5. There is need for creating more employment opportunities for youths so that they could be idle and engage in drug and substance abuse.
6. There is need for establishment of accessible and affordable rehabilitation and rescue centers, equipped with qualified personnel and facilities at sub-county level to give medical care to those already addicted to drugs.
7. There is need to promote recreational activities (games, sports and cultural activities) to keep the youths occupied to avoid taking drugs and substances.

5.4.1 Suggestions for Further Research

Based on the findings of this study, the researcher suggests that further research should be conducted to investigate factors that may have significant influence on drug and substance abuse on other forms of drugs and substances abused by youths. A similar study should be replicated in other Sub-Counties in Kenya.

5.4.1 Limitations

While conducting the study, the researcher encountered several challenges which included the following:

- ❖ Some of the respondents could not give actual information on hard drugs for fear of legal implications surrounding them.
- ❖ There was limited response due to language barrier as some of the respondents were semi-literate

- ❖ Time allocated for data collection, compiling and production of the report was too short given that the area of coverage was wide.

5.4.2 Delimitations

That notwithstanding, the researcher took the following measures to overcome the same

- Researcher relied on translators to interview semi-literate respondents
- Due to limitation of funds, the researcher focused on a few sampled areas as a cost cutting measure.
- The researcher assured the respondents of confidentiality, anonymity and their rights on information shared about hard drugs.

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APPENDIX A: YOUTHS' QUESTIONNAIRE

Please put a tick () against appropriate response or provide the relevant information in the blank spaces provided.

1. Sex: Male () Female ()

2. What is your age? Below 18 years () 18-21 yrs () 21-35 yrs ()

3. Who do you live with at home?

() Both parents () Mother only

() Father only () Grand parents

Other (specify) _____

4. Have you ever taken alcohol in your life? () Yes () No

5. Where did you get the alcohol?

() from friend () at home

Other (specify) _____

6. What type of Alcohol was it?

() Chang'aa () beer () spirit () busaa () muratina ()

Other (specify) _____

7. Other than alcohol, have you ever taken any other drugs?

() Yes () No

8. If yes, which one?

() Bhang () miraa () heroin

() Cocaine () mandrax

Other (specify) _____

9. How old were you when you took drugs for the first time?

Below 12 years () between 13-15 yrs ()

Between 16-17 yrs () between 18-35 yrs ()

10. Where did you take the drugs for the first time?

() At home () in school

() Bar/ Pub () at a friend's home

In a kiosk/ shop

Other (Specify) _____

11. Who were you with when you took drug for the first time?

Friends my parent my sister/ brother

Other (specify) _____

12. What could be the reasons making you take drugs and substances?

To fit in with friends

My mother/ father made me take

Because others take

Need to relieve stress

Curiosity

Other reason (specify) _____

13. Who among the following influences you most to take drugs?

parents friends media

local leaders none of the above

14. Who among your parents drink alcohol?

Mother Father

15. How would you rate rules and regulations in your home?

very loose loose strict very strict

Thank you for your co-operation

APPENDIX B: COMMUNITY MEMBERS' QUESTIONNAIRE

Please put a tick () against appropriate response or fill in the blank spaces provided.

1. Name of Village _____

2. Gender: male () female ()

3. Age: Below 35 yrs () 35 – 45 yrs () Above 45 yrs

4. Indicate the number of years you have lived in this village.

Less than 2 years () 2 – 5 yrs () More than 5 yrs ()

5. Have you ever taken alcohol in your life? () Yes () No

6. (a) Some people may not work without the use of alcohol or drugs.

Does the use of alcohol improve Drugs improve functioning?

(b) If yes, how? _____

7. What are the most common forms of Drugs consumed by youths in your area?

(a) Alcohol:

▪ Chang'aa ()

▪ Busaa ()

▪ Muratina ()

▪ Spirits ()

▪ Wine ()

(b) Miraa ()

(c) Cannabis Sativa (marijuana/bhang) ()

(d) Heroin ()

(e) Cocaine ()

(f) Amphetamines/mandrax ()

(g) Cigarettes ()

(h) Kuber ()

(i) Inhalants (glue, paint thinners) ()

(j) Shisha ()

(k) Other (specify) _____

8. Where do you think those drugs come from?

() Shops/ kiosks () homes () neighboring villages

Other (specify) _____

9. What factors may be influencing youths to indulge in drug and substance abuse?

- Poverty ()
- Peer influence ()
- Stress ()
- Poor parentage ()
- Unemployment ()
- Influence of western culture ()
- Influence of social media ()
- Weak laws ()

Other reason (specify) _____

10. How often do you guide and counsel your children?

Once a week () Twice a week () Once a month ()

11. What initiatives has the community employed to fight drug and substance abuse?

- Educating the community on the negative effects of abusing drugs ()
- Counseling the youth ()
- Create awareness programme ()
- Prosecute those dealing with drugs ()
- Church campaign against drug abuse ()
- Total ban on drug use ()
- Public barazas ()
- Seminars on dangers of drugs ()
- Creating activities to keep the youths busy ()
- Rehabilitation centre ()
- Discourage uncensored films and videos ()

- Heavy penalties for offenders ()

5. What are the qualifications of the village elders?

6. Enlighten some of the factors leading youths to abuse drugs and substances?

7. Below are some of the forms of drugs and substances abused by youths.

Tick the ones common in your area(s)

(a). Alcohol:

- Chang'aa () Muratina ()
- Spirits () Busaa ()
- Wine () Beer ()
- Kangara ()

(b). Miraa (Khat) ()

(c). Bhang ()

(d). Heroin ()

(e). Cocaine ()

(f). Cigarettes ()

(g). Kuber ()

(h). Shisha ()

(i). Inhalants (glue, paint) ()

8. Which control measures have you put in place to reduce the prevalence of drugs and substance abuse in your area?

9. In your own opinion, do you think that the existing laws are punitive enough to fight drug and substance abuse?

() Yes () No

If No, how can they be strengthened?

10. In your experience as an administrator, what suggestions would you make to step up efforts in the fight against drug and substance abuse in the Country?

Thank you for your cooperation

APPENDIX D - BUDGET

For the accomplishment of the proposal and the production of the research paper, the following expenses will be incurred:

TASK	EXPENDITURE (Kshs)
Transport	8,000.00
Stationery	2,500.00
Typing and printing	1500.00
Binding	500.00
Miscellaneous Expenses	3,000.00
Total	15,500.00