

**DRUG ABUSE AND YOUTH DEVELOPMENT IN NORTHERN DIVISION IGANGA
MUNICIPALITY UGANDA**

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**A RESEARCH REPORT SUBMITTED TO THE COLLEGE OF HUMANITIES AND
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DECLARATION

I, Ndikwani Jackline, declare that this research Report is as a result of my own effort and has never been submitted to any Institution of Higher Learning for the award of a degree, or any other related award.

Ndikwani Jackline

(Student)

Date.....

Signature

DEDICATION

I dedicate this piece of work to my dear loving father Mr. Basewa Benand mother (RIP) Basewa Tapenense for the support that enabled me to see the light of the day and without them i couldn't have been able to join the world of academic circles and also be able to produce this kind of research report.

ACKNOWLEDGEMENT

There are people who have greatly assisted me in this research report. It is practically impossible to individually thank all people who facilitated the production of this report.

However, a few of them deserve special mention.

I am greatly indebted to the Almighty father, the creator of heaven and earth for sustaining my life and studies all through the course. I owe special thanks to my father Mr. Basewa Benefansi, my mother Mrs. Basewa Tapenense (RIP) for moral, material, financial and spiritual support rendered that enabled me to accomplish the course. Mr. Okiswa Geoffrey my supervisor, for his guidance and encouragement that enabled me accomplish the compilation for this research report successfully.

Lastly great love and thanks go to my friends Ogwanga Constance, Ocan Stephen, Perus Chakuwire and Nicholas for their encouragement and good cooperation throughout the course. I thank you all may our good Lord bless you abundantly.

APPROVAL

I certify that this research report, “Drug abuse and youth development in Northern Division, Iganga Municipality Uganda ” has been carried under my supervision and submitted for examination with my report.

Mr. Okiswa Geoffrey
(SUPERVISOR)

Date.....

Signature.....

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ABSTRACT

The original aim was establish the impacts of drug abuse and the youth development in Northern Division, Iganga Municipality Uganda whose specific objectives were to establish the causes of drug abuse among the youth in Iganga Municipality, Northern Division, to identify the effects of drug abuse, common signs and symptoms among the youth in Iganga municipality, Northern Division, to examine the possible strategies to curb drug abuse among the youth in Northern Division, Iganga Municipality Uganda

The study was conducted in Northern Division, Iganga Municipality. The study focused on the period between May and August 2018. The study was descriptive and cross sectional in nature. The sampling approach was simple random approach and primary data was based on because it was intended to obtain data directly from the sampled respondents in order to prove the reliability. The study involved the community members were above 18 years, and the community leaders within Northern Division, Iganga Municipality human. The respondents were selected irrespective of their social-economic status. A total of 40 respondents were interviewed and data was analyzed by editing, coding and classification of the themes into tabulated tables that based on frequencies, and percentages aimed at analyzing the data and later binding followed. And lastly the data that was obtained indicated that drug abuse among the youth in Iganga Municipality, Northern Division still a serious problem that should be handled seriously if the society is to have a meaningful young abled youth in Iganga Municipality ant the Country at large.

CHAPTER ONE

1.0 Introduction

This chapter describes the background, the statement of the problem, the purpose, the specific objectives, the research questions, the scope, the significance and the limitation of the study.

1.1 Background of the study

Ideas about drug abuse change over time with changes in common use patterns. Overall, trends in alcohol, cigarette, and cannabis (man) use are similar in the United States and Canada.

A study of adolescents company Ontario with the united States finds that, in both places, alcohol use has steadily decreased since the late 1970's while both cigarette and cannabis use peaked in the late 1970's , decrease throughout the 1980's, and then began to dramatically in the early 1990's. Cocaine use was consistently higher in the United States and LSD use consistently higher in Ontario over the period 1975 – 95. The similar shifts in basic attitudes over time. Different trends in the use of less common drugs – cocaine and LSD – may reflex deeper cultural differences or national differences in drug policy or availability (LVA and Adlaf 1999).

The ideas of alcohol abuse and drug abuse begin with a nation of extreme and unsuitable use that result in social, psychological, and physiological harm. There are two aspects to this idea of abuse. Objective and subjective. The objective aspects relies on physical, mental, or social evidence that drug use harms the individual and society for example drug abuse may lead to drug dependency, the routine need for a drug the physical reasons (such as to avoid withdrawal symptoms) and/or for psychological reasons (such as to maintain a sense of well-being) related to drug dependency in the nation of tolerance.

Drug – dependent people experience increases in drug tolerance, meaning they need larger and larger doses originally produced. Drug abuse can also lead to domestic violence. Marriage break down, job loss, and bankruptcy; all of these are objectively visible and verifiable aspects of drug abuse.

The subjective aspects of drug use reflects societies beliefs about the effects of over use and about the courses of actions that we should take about the courses of actions to take the problem.

People vary widely in their views about drinking and drugs. Some believe in total self denied, often for religious reasons. They do not permit alcohol use under any conditions. In the past such abstainers were more common than are today. The early twentieth century temperance movement claimed that restrictions on alcohol use were for the benefit of society's health and cohesion. Members of the movement expressed concerns about the harmful, disorderly effects of drunkenness on family life and work. They had enough influence to bring about a prohibition on the sale of alcohol in the United States and in parts of Canada. This brief prohibition had little effect on drinking but enriched the organized criminals who supplied illegal alcohol.

It is therefore, upon the above background that the researcher has been inspired to undertake a study on an examination of the factors of drug abuse among the youth using a case study of Northern Division, Iganga Municipality Uganda with a view to ascertain the likely causes of the problem under investigation in order to get solution before the youth within the communities of Northern Division, Iganga Municipality all affected with the vice.

2.2 Problem statement

Drug abuse is a common practice in Northern Division, Iganga Municipality Uganda and this practice has been attributed to the high school drop out, peer influence in the area. As a consequence, there are many cases of fighting; sexual harassment, early marriages, and high school dropout among others. It is also observed that drug abuse has caused a lot of negative effects within the area particularly on the social economic development resulting into the society to lose energetic people who could be used to boost on the economic development especially agriculture for food production. Therefore, it is upon this that the researcher has been interested to undertake a study on the impact of drug abuse on the society economic – economic development of the youth with a view of finding out exactly what causes all this to happen so as to find a positive solution to the problem under the study.

1.3 Purpose of the study

The purpose of the study was to examine the impacts of drug abuse among the youth of Northern Division, Iganga Municipality Uganda

1.4. Specific objectives

To establish the causes of drug abuse among the youth in Northern Division, Iganga Municipality Uganda

To identify the effects of drug abuse, common signs and symptoms among the youth in Northern Division, Iganga Municipality Uganda

To examine the possible strategies to curb drug abuse among the youth in Northern Division, Iganga Municipality Uganda

1.5 Research questions.

What are the causes of drug abuse among the youth in Northern Division, Iganga Municipality Uganda?

What are the effects of drug abuse, common signs and symptoms among the youth in Northern Division, Iganga Municipality Uganda?

What are the possible strategies to curb drug abuse among the youth in Northern Division, Iganga Municipality Uganda?

1.6. Significance of the study

The study was beneficial in the following ways:-

The research study acted as a stepping stone for further research for those who would be interested in the topic under study.

It helped the researcher to widen her understanding on the study under investigation..

1.7. Scope of the study

The research study was conducted in Northern Division, Iganga Municipality Uganda. The target population included the community members above 18 years, and the community leaders within Iganga Municipality, Northern Division. This was so because these people were able to explain the factors responsible for the problem that was under investigation. And the study helped to examine the impacts of drug abuse on the social-economic development of the youth in Northern Division, Iganga Municipality Uganda. The study focused on the period between May and August 2018.

1.8. Limitation to the study.

Much as the research study was likely to go on well, the researcher experienced some problems that later could result into the research project to be put on hold. For instance, the researcher faced the problem of weather related issues and, in a bid to overcome that problem, the researcher in his preliminary arrangement he equipped herself with the basics in order to solve this problem.

The researcher faced the problem of finance which is a common problem to most of the researchers since it involved transport charges and in a bid to overcome this problem, the researcher used her meager resources and she also request well-wishers to help her go through the research process successfully.

The researcher faced the problem of getting responses from the respondents since they had a brief that the researcher was benefiting from the researcher study since the wanted money before she could be given the responses but in a bid to overcome that problem, she informed them of the benefits of the study.

The researcher faced the problem of language where some respondents could not be in position to answer the questions and a bid to solve that problem; she read to the questions and wrote the responses herself.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

The chapter discusses the various literatures that contain the information related to the problems under study. Textbooks, Newspapers, Magazines, Internet and written reports are being reviewed used to enrich this research proposal. This will be arranged according to the sub-themes as blow

2.1. Causes of Drug Abuse

The causes of drug abuse is not fully known but likely include genetic predisposition, co-occurring conditions and environmental circumstances Drug use and experimentation is common in pre-adolescents and adolescents, but only a small percentage of those users will go on to abuse drugs

Genetics as cause of drug abuse: While many people use drugs, only a small percentage abuse drugs, but it has been, noted drug abuse often runs in families, suggesting genetic is one of the causes of drug abuse. While having parents that abuse drugs puts a child at risk, it is possible for the child to grow up without drug abuse problem. It is also possible to abuse drugs without having any other drug abuser in the family. It is clear genetics alone is not the cause of drug abuse.

Co-occurring conditions as drug abuse cause. Drug abuse often occurs alongside other conditions like mental illness, while mental illness itself is not thought to cause drug abuse; one condition may indicate and be complicated by, the other. One of the cause of drug abuse may be the attempt to manage the symptoms of an underlying mental illness for example a person with depression may repeatedly use a drug to “get high” as an escape from their depressive mood(called self medication). The depression was not the cause of drug abuse, but it was a contributing factor. It’s known, however, not everyone with a mental illness abuses drugs so mental illness alone is not the cause of drug abuse.

Environmental cause of drug abuse. These are certain life circumstances, particularly among younger users, that are risk factors for, rather than the direct cause of drugs abuse. Parental abuse and neglect are commonly seen as part of the causes of drug abuse. An adolescent or pre-adolescents may be trying to gain at tension from an inattentive parent or escape an abusive one by

using drugs. Prolonged attempts through drug use can be a cause of drug abuse. A drug users or the presence of drugs in the homes, can also be a major cause of drug abuse.

Combination of causes of drug abuse. While genetics, environmental and psychiatric cause of drug abuse are possible, it is likely that a combination of risk factors is truly the causes of drug abuse, this may create an unstable home life and possibly, emotional or psychological problems. Together these can become the drug abuse cause.

Some people are able to use recreational or prescription drugs without ever experiencing negative consequences or addiction. For many others, substance use can cause problems at work, home, school, and in relationships, leaving you feeling isolated, helpless, or ashamed.

If you're worried about your own or a friend or family member's drug use, it's important to know that help is available. Learning about the nature of drug abuse and addiction—how it develops, what it looks like, and why it can have such a powerful hold—will give you a better understanding of the problem and how to best deal with it.

People experiment with drugs for many different reasons. Many first try drugs out of curiosity, to have a good time, because friends are doing it, or in an effort to improve athletic performance or ease another problem, such as stress, anxiety, or depression. Use doesn't automatically lead to abuse, and there is no specific level at which drug use moves from casual to problematic. It varies by individual. Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more to do with the consequences of drug use. No matter how often or how little you're consuming, if your drug use is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem.

As with many other conditions and diseases, vulnerability to addiction differs from person to person. Your genes, mental health, family and social environment all play a role in addiction. Risk factors that increase your vulnerability include:

Addiction is a complex disorder characterized by compulsive drug use. While each drug produces different physical effects, all abused substances share one thing in common: repeated use can alter the way the brain looks and functions.

Taking a recreational drug causes a surge in levels of dopamine in your brain, which trigger feelings of pleasure. Your brain remembers these feelings and wants them repeated.

If you become addicted, the substance takes on the same significance as other survival behaviors, such as eating and drinking.

Changes in your brain interfere with your ability to think clearly, exercise good judgment, control your behavior, and feel normal without drugs.

Whether you're addicted to inhalants, heroin, Xanax, speed, or Vicodin, the uncontrollable craving to use grows more important than anything else, including family, friends, career, and even your own health and happiness.

The urge to use is so strong that your mind finds many ways to deny or rationalize the addiction. You may drastically underestimate the quantity of drugs you're taking, how much it impacts your life, and the level of control you have over your drug use.

People who experiment with drugs continue to use them because the substance either makes them feel good, or stops them from feeling bad. In many cases, however, there is a fine line between regular use and drug abuse and addiction. Very few addicts are able to recognize when they have crossed the line. While frequency or the amount of drugs consumed don't in themselves constitute drug abuse or addiction, they can often be indicators of drug-related problems.

Both the alcoholic and non-alcoholic addition are basically as a result of physiological and heredity, harmful environment such as home life, peer pressure and cultural moves, stress and spiritual issues, Newspaper; (Odonoyo P. April, 2006).

The parental and adult example; children grow up seeing parents and adults take pills including sleeping medications, relaxing with coffee, cigarette and a drink before dinner. Other take tranquilizers when there is a problem to calm the nerves. It is then surprising that young people then

follow this example and develop this idea that drugs are the first line of defense against physical and psychological pain and stress as noted by Nyaga A (1981).

The peer and other influence, many young people take drugs so as to be accepted by others. Need for recognition and acceptance is high among young people. On the other factor knowledge of drugs is minimal distorting and incomplete and no wonder the curiosity to experiment, something that easily leads to addiction have a deep sense of insecurity and inadequate in themselves. They therefore, abuse drugs as escape routes from an emotional crisis that is too common today. For example inability to cope with double standard of parents and society, competitive pressure at home, work, social, family problems or lack of care and attention at home. These psychological pressures however, are due to superficial values like power, prestige, individualism, materialism and alienation that peeved the society as observed by, Obai G, (2003).

Rewarding experience; alcoholism and drug additional, behavioral response which associates drinking with perceive rewarding experience since it temporally reduces anxiety and conflicts in the short term. The guilt, misery and sickness is alleviated by further drinking. This re-enforces maladaptive behavior and vicious circle is thus setup Nyaga A (1981).

Problems can sometimes sneak up on you, as your drug use gradually increases over time. Smoking a joint with friends at the weekend, or taking ecstasy at a rave, or cocaine at an occasional party, for example, can change to using drugs a couple of days a week, then every day. Gradually, getting and using the drug becomes more and more important to you.

If the drug fulfills a valuable need, you may find yourself increasingly relying on it. For example, you may take drugs to calm you if you feel anxious or stressed, energize you if you feel depressed, or make you more confident in social situations if you normally feel shy. Or you may have started using prescription drugs to cope with panic attacks or relieve chronic pain, for example. Until you find alternative, healthier methods for overcoming these problems, your drug use will likely continue.

Similarly, if you use drugs to fill a void in your life, you're more at risk of crossing the line from casual use to drug abuse and addiction. To maintain healthy balance in your life, you need to have other positive experiences, to feel good in your life aside from any drug use.

As drug abuse takes hold, you may miss or frequently be late for work or school, your job performance may progressively deteriorate, and you start to neglect social or family obligations. Your ability to stop using is eventually compromised. What began as a voluntary choice has turned into a physical and psychological need.

The good news is that with the right treatment and support, you can counteract the disruptive effects of drug use and regain control of your life. The first obstacle is to recognize and admit you have a problem, or listen to loved ones who are often better able to see the negative effects drug use is having on your life.

Overcoming addiction is simply a matter of willpower. You can stop using drugs if you really want to. Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.

Addiction is a disease; there's nothing you can do about it. Most experts agree that addiction is a brain disease, but that doesn't mean you're a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.

Addicts have to hit rock bottom before they can get better. Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost it all. You can't force someone into treatment; they have to want help. Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.

Treatment didn't work before, so there's no point trying again. Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

2.2. Effects of drug abuse, Common signs and symptoms among the youth

The impacts on the drug abuse; when drugs are abused, they have many bad effects on the users. The effects can be on their health, the social life and there economic life. The effects (Omamo K 1988).

All drugs interfere with the normal body functions. Their continuous use leads to health breakdown. Too much alcohol slowly kills brain cells making the person poor at thinking and making decisions. Most narcotic drugs lead to damage of brain cells. This results in impaired judgment by the users. (Osako J. 1966)

The body of a drug addict becomes dependent on the drugs for proper functioning such that one finds it difficult to stop. When one chooses to stop using the drag, he/she suffers from withdraw effects. This can be in form of fights, confusion, violence, headache, general weakness, irritability, depression, shivering, and stress, (SuoJect 1974).

The drug abuses usually cause a lot of problem to the family and society at large. They can cause social problems in the following ways; Drug addicts do not relate well with members of their families and workmates. They usually act irresponsibly. They may quarrel and fight other people without provocation; they may steal from other people to get money to buy the drug. Newspaper; (Kihumba Kamothoo, 2007).

Many students who get involved in drug abuse often skip school. They become truants. The occurrence of road accidents in Kenya has been caused by the drunkard drivers for the seven months in Kenya. Newspapers; (Wahu Kamau April 2003).

The drugs usually lose control and involve themselves in dirty habits such as prostitution, rape and other crimes. They can therefore, easily contract HIV/AIDS. The drug addicts need a lot of money to

buy the drugs on daily basis. This leads to many financial problems in the family. Money that could be spent on food and investing in other development projects in the family is spending on drug abuse. The alcoholic parents fail to meet their financial duties such as paying school fees and other bills. Drug abuses also do not work efficiently and therefore, are not economically productive. (Sabwa D. 1966).

The pregnant women who take drugs are risking the health of their unborn children. The baby is likely to have a low birth weight, suffer from poor health and may be born with a drug addiction. When a pregnant mother smokes, the nicotine and carbon dioxide is carried to the baby's blood stream. Babies born with mothers who smoke during pregnancy suffers from the following health problems; underweight, poor physical growth, weak immune system and poor mental growth. (Nyorah 2004)

The dropping out of school by the youths has increased because many youths are unable to attend school because much of the income is spent on drugs so the family is unable to pay school fees. Some children drop out of the school because they lose an interest in learning and are more concerned with obtaining money to buy more drugs. (Omamo P)

Although different drugs have different physical effects, the symptoms of addiction are similar. See if you recognize yourself in the following signs and symptoms of substance abuse and addiction. If so, consider talking to someone about your drug use.

They neglecting their responsibilities at School, work, or home (e.g. flunking classes, skipping work, neglecting your children) because of your drug use.

They use drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.

Your drug use is getting you into legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.

Your drug use is causing problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of old friends.

You've built up a drug tolerance. You need to use more of the drug to experience the same effects you used to attain with smaller amounts.

You take drugs to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.

You've lost control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn't. You may want to stop using, but you feel powerless.

Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug's effects.

You've abandoned activities you used to enjoy, such as hobbies, sports, and socializing, because of your drug use.

You continue to use drugs, despite knowing it's hurting you. It's causing major problems in your life—blackouts, infections, mood swings, depression, paranoia—but you use anyway.

Drug abusers often try to conceal their symptoms and downplay their problem. If you're worried that a friend or family member might be abusing drugs, look for the following warning signs:

Bloodshot eyes, pupils larger or smaller than usual, Changes in appetite or sleep patterns, Sudden weight loss or weight gain Deterioration of physical appearance, personal grooming habits Unusual smells on breath, body, or clothing Tremors, slurred speech, or impaired coordination.

Behavioral signs of drug abuse

Drop in attendance and performance at work or school, unexplained need for money or financial problems. May borrow or steal to get it, Engaging in secretive or suspicious behaviors, sudden

change in friends, favorite hangouts, and hobbies, frequently getting into trouble (fights, accidents, illegal activities)

Psychological warning signs of drug abuse

Unexplained change in personality or attitude, Sudden mood swings, irritability, or angry outbursts, Periods of unusual hyperactivity, agitation, or giddiness, Lack of motivation; appears lethargic or “spaced out”, Appears fearful, anxious, or paranoid, with no reason

Warning Signs of Commonly Abused Drugs

Marijuana: Glassy, red eyes; loud talking, inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss.

Depressants (including Xanax, Valium, GHB): Contracted pupils; drunk-like; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness.

Stimulants (including amphetamines, cocaine, and crystal meth): Dilated pupils; hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; weight loss; dry mouth and nose.

Inhalants (glues, aerosols, vapors): Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; lots of cans/aerosols in the trash.

Hallucinogens (LSD, PCP): Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or other objects, slurred speech; confusion

Heroin: Contracted pupils; no response of pupils to light; needle marks; sleeping at unusual times; sweating; vomiting; coughing, sniffing; twitching; loss of appetite.

While experimenting with drugs doesn't automatically lead to drug abuse, early use is a risk factor for developing more serious drug abuse and addiction. Risk of drug abuse also increases greatly during times of transition, such as changing schools, moving, or divorce.

The challenge for parents is to distinguish between the normal, often volatile, ups and downs of the teen years and the red flags of substance abuse. These include:

Having bloodshot eyes or dilated pupils; using eye drops to try to mask these signs, Skipping class; declining grades; suddenly getting into trouble at school ,Missing money, valuables, or prescriptions ,Acting uncharacteristically isolated, withdrawn, angry, or depressed ,Dropping one group of friends for another; being secretive about the new peer group ,Loss of interest in old hobbies; lying about new interests and activities ,Demanding more privacy; locking doors; avoiding eye contact; sneaking around

The addiction of the individual affects his/her moods and even when not on the drug, it affects the behavior of the person. The addict's performance at work drops and if the addict is in his teens, it has a negative impact on the school life. The abuse of drugs disrupts the family life of the addict and makes the person more of an anti-social element.

The spouts of aggression make the addict a violent person, and upsets neighborhoods due to violence among drug peddlers, terrorizing residents, and the crimes of the addicts themselves. Studies have shown that over half of the highway deaths in the United States involve alcohol and drugs. Also, such addiction leads to the spreading of AIDS since the heroin addicts share needles etc and pregnant women acquire the AIDS virus through intravenous drug use and pass the virus on to the infant.

Drug users are a burden on the country and increasing expenses and in 1999, the federal government budgeted \$17.9 billion on drug control and earlier in 1998 drug-related health care costs in the United States was more than \$9.9 billion. The effect of drugs on the addict and eventually on society is a matter of major concern because the addict ends up being held responsible for more people being exposed to the evil.

The effects that drug abusers are exposed to vary from physical effects like increased heart rate, heavy breathing, increase in blood pressure, excessive sweating, garbled speech, lethargy etc., while the emotional effects range from anxiety, depression, hallucination etc. A few examples of the most commonly abused drugs are Marijuana, Cold and Cough Medicines, Cocaine and Crack, Inhalants, Amphetamines and others.

Marijuana is considered to be the most extensively used illegal drug in the United States. Known as the doorway drug, because of its regularity of use the addicts develop a resistance and move on to more potent drugs. Marijuana alters the mood and sense coordination of the addicts letting them experience mood swings.

It also brings about an increase in the heart rate and blood pressure. Sometimes the eyes turn red after its use and make the addicts feel hungry as well and this is known as the "munchies" amongst addicts. Some users also experience paranoia and hallucinations. Marijuana is commonly smoked and this damages the lungs and similar to cigarette smokers, marijuana addicts suffer from coughing, wheezing, and frequent colds.

Cold and Cough Medicines are sold over the counter and have a key ingredient known as DXM (dextromethorphan). The effect of this drug is supposed to be medicinal, but large doses that the addicts consume cause face, dry and itchy skin, loss of consciousness, seizures, brain damage, nausea, vomiting, abdominal pain etc and it can even lead to death. Inhalants are substances that the users sniff to get an instant high or rush and they are used in glue, paint thinners, dry cleaning fluids, gasoline, marker fluids, correction fluids, hair sprays, aerosol deodorant, and spray paints as well. They are toxic and lead to nosebleeds, severe headaches, giddiness etc.

The addict inhales cocaine and crack is smoked and crack is a derivative of cocaine. Both affect the Central Nervous system and lead to what is called a "crash" and in order to sustain the feeling, the addict takes larger doses and this again leads to physical and psychological longing. The effects are similar to the other drugs, like heavy breathing, increased blood pressure, etc. Other drugs also have the same effect and what the addict experiences only varies on his/her mental and physical condition

2.2 Possible strategies to curb drug abuse among the youth

People often developed addictions in order to numb painful emotions, distract themselves or cope with overwhelming experience. A key to permanently ending addictions is the ability to quickly resolve stress in the moment and keep emotions in balance. Help guides' Bring Your Life into Balance Toolkit is a free training for learning skills to manage overwhelming stress and emotions.

Recognizing that you have a problem is the first step on the road to recovery, one that takes tremendous courage and strength. Facing your addiction without minimizing the problem or making excuses can feel frightening and overwhelming, but recovery is within reach. If you're ready to make a change and willing to seek help, you can overcome your addiction and build a satisfying, drug-free life for yourself.

Don't try to go it alone; it's all too easy to get discouraged and rationalize "just one more" hit or pill. Whether you choose to go to rehab, rely on self-help programs, get therapy, or take a self-directed treatment approach, support is essential. Recovering from drug addiction is much easier when you have people you can lean on for encouragement, comfort, and guidance.

Support can come from: family members, close friends, therapists or counselors, other recovering addicts, healthcare providers, people from your faith community and if you suspect that a friend or family member has a drug problem, here are a few things you can do:

Speak up. Talk to the person about your concerns, and offer your help and support, without being judgmental. The earlier addiction is treated, the better. Don't wait for your loved one to hit bottom! Be prepared for excuses and denial by listing specific examples of your loved one's behavior that has you worried.

Take care of yourself. Don't get so caught up in someone else's drug problem that you neglect your own needs. Make sure you have people you can talk to and lean on for support. And stay safe. Don't put yourself in dangerous situations.

Avoid self-blame. You can support a person with a substance abuse problem and encourage treatment, but you can't force an addict to change. You can't control your loved one's decisions. Let the person accept responsibility for his or her actions, an essential step along the way to recovery for drug addiction.

Try to be a martyr. Avoid emotional appeals that may only increase feelings of guilt and the compulsion to use drugs. Cover up or make excuses for the drug abuser, or shield them from the negative consequences of their behavior. Take over their responsibilities, leaving them with no sense of importance or dignity. Hide or throw out drugs. Argue with the person when they are high. Take drugs with the drug abuser. Feel guilty or responsible for another's behavior. Adapted from: National Clearinghouse for Alcohol & Drug Information

Discovering your child uses drugs can generate fear, confusion, and anger in parents. It's important to remain calm when confronting your teen, and only do so when everyone is sober. Explain your concerns and make it clear that your concern comes from a place of love. It's important that your teen feels you are supportive.

Five steps parents can take:

Lay down rules and consequences. Your teen should understand that using drugs comes with specific consequences. But don't make hollow threats or set rules that you cannot enforce. Make sure your spouse agrees with the rules and is prepared to enforce them.

Monitor your teen's activity. Know where your teen goes and who he or she hangs out with. It's also important to routinely check potential hiding places for drugs in backpacks, between books on a shelf, in DVD cases or make-up cases, for example. Explain to your teen that this lack of privacy is a consequence of him or her having been caught using drugs.

Encourage other interests and social activities. Expose your teen to healthy hobbies and activities, such as team sports and afterschool clubs.

Talk to your child about underlying issues. Drug use can be the result of other problems. Is your child having trouble fitting in? Has there been a recent major change, like a move or divorce, which is causing stress

Do not

- Attempt to punish, threaten, bribe, or preach.
- Try to be a martyr. Avoid emotional appeals that may only increase feelings of guilt and the compulsion to use drugs.
- Cover up or make excuses for the drug abuser, or shield them from the negative consequences of their behavior.
- Take over their responsibilities, leaving them with no sense of importance or dignity.
- Hide or throw out drugs.
- Argue with the person when they are high.
- Take drugs with the drug abuser.
- Feel guilty or responsible for another's behavior.

Adapted from: National Clearinghouse for Alcohol & Drug Information

CHAPTER THREE

METHODOLOGY

3.0. Introduction

This chapter describes the research design, the types of research, Study population, Sample size, data source and collection approach, Tools of data collection, Procedure of data collection, Reliability and validity of instruments, Ethical considerations, and data presentation and analysis.

3.1. Research Design

The study was to establish the impacts of drug abuse among the youth Northern Division, Iganga Municipality Uganda. So that research could explain the root causes with a view of causing a possible change so as to come up with solutions to the problem under investigation.

3.2 Type of research

The study was quantitative and qualitative because it involved an understanding towards the problem under study. Inquiries were made, that based on experiences of the concerned people through consultations.

3.3 Study population

The research study was conducted in Northern Division, Iganga Municipality Uganda. The target population included the members of who are above 18 years, and the community leaders within Northern Division, Iganga Municipality Uganda. This was so because these ones were able to explain the factors responsible for the problem that was under investigation.

3.4 Sample size

The researcher formally selected 30 respondents and 10 community leaders from Iganga northern division which constituted a manageable set unit for the study.

3.5 Data source and collection approach.

The research obtained data from the respondents of Northern Division, Iganga Municipality Uganda using self-administered questionnaires to the community members and conducted a face to face interview to the community leaders.

3.6 Tools of Data collection.

The tools of data collection included self-administered questionnaires in order to enable the researcher to get firsthand information during data collection. The researcher also used structured interview questionnaires which were pre-tested at Northern Division, Iganga Municipality Uganda before the data was put to final use.

3.7 Procedure of data collection

The researcher collected an introduction letter from the head of research unit he will took to the authorities of Northern Division, Iganga Municipality Uganda to seek permission to carry out the study. After the permission was granted, instruments of data collection were designed and piloted and later the collection of data begun.

3.8 Reliability and validity of instruments.

This was established by pre-testing the instruments which the researcher used during the collection of data from the field. A list of questionnaires was distributed to only the selected respondents for the reliability in order for findings to be considered reliable and valid with the approval of the supervisor.

3.9 Ethical Considerations

The researcher informed the respondents about the relevance of the research study and what it was all about. He assured them about their confidentiality and privacy as far as the study was concerned and to prove the doubt, he refit his daily contact phone number to everyone who participated in the study

CHAPTER FOUR

PRESENTATION, DISCUSSION, INTERPRETATION AND ANALYSIS OF DATA.

4.0 Introduction.

The chapter explains the findings and the interpretation of data that was gathered during the in-depth interviews with the respondents who were selected.

4.1 Table 1 Respondent's Sex by Category:

Sex	Frequency	Percentage
Male	20	50
Female	20	50
Total	40	100

Source; primary data:

The finding in the table above indicates that of the respondents that were interviewed in Northern Division, Iganga Municipality Uganda, the male respondents were 50% and the female respondents were also 50%.

4.2 Table 2: Shows Respondents' Age by Category.

Age	Sex	Frequency	Percentage
18-20	Male	4	10
	Female	6	15
20-35	Male	3	7.5
	Female	5	12.5
35-40	Male	6	15
	Female	3	7.5
40-55	Male	5	12.5
	Female	3	7.5
55 and above	Male	7	17.5
	Female	1	2.5
Total		40	100

Source primary data

Results from the table above indicates that out of the respondents who were interviewed , those of the age bracket 18 – 20, the males respondents were 10% and the females respondents were also 15%. Those of the age bracket 20 – 35, the male's respondents were 7.5% and the females respondents were 12.5%. Those of age bracket 35 – 40, the male's respondents were 15% and the females respondents were 7.5%. Those of the age bracket 40 – 55 the males respondents were 12.5% and the female's respondents were also 7.5, those of 50years and above, the male's respondents were 17.5% and the female's respondents were also 25%.

4.3 Table 3 shows Respondents' level of Education by Category:

Level	Sex	Frequency	Percentage
Didn't go to school	Male	10	25
	Female	7	17.5
Primary	Male	3	7.5
	Female	2	5
O-level	Male	3	7.5
	Female	2	5
Tertiary	Male	5	12.5
	Female	4	10
University	Male	2	5
	Female	2	5
Total		40	100

Source; primary data:

Findings in the table above indicate that of the respondents who participated in the research process, those who had not gone to school, the male were 25% and the female's respondents were also 17.5%. Those of primary, the males were 7.5% and the females were 5%. Those who had attained O-level, the males were 7.5% and the females were 5%. Tertiary had 12.5% males and 10% females. University level had 5% only males and 5% females respectively.

4.4 Table 4 shows Respondents Religion by Category:

Religion	Sex	Frequency	Percentage
Moslem	Male	4	10
	Female	3	7.5
Catholic	Male	3	7
	Female	3	7.5
Protestant	Male	4	10
	Female	4	10
Born Again	Male	3	7
	Female	3	7.5
Pentecostal	Male	4	10
	Female	4	10
Other specify	Male	3	7.5
	Female	3	7.5
Total		40	100

Source; primary data

Results from the table above indicate that out of the respondents, who were interviewed, the male Moslem was 10% and the females were 7.5%. Male Catholics were 7.5% and 7.5% were females. The Protestant males were 10% and the females were also 10%. The Born Again Christians, the males were 7.5% and 7.5% females. The male Pentecostal were 10% and the females were 10%. Those of other sect's like the pagans; advents etc, the males were 7.5% and 7.5% females.

4.5 Table 5 shows respondents Martial Status by Category:

Status	Sex	Frequency	Percentage
Married	Male	10	25
	Female	6	15
Divorced	Male	4	10
	Female	6	15
Single	Male	5	12.5
	Female	2	5
Cohabiting	Male	4	10
	Female	3	7.5
Other specify	Male	0	0
	Female	0	0
Total		40	100

Source primary Data:

The findings from the table above reveals that of the respondents who were interviewed in Northern Division, Iganga Municipality Uganda the Married males were 25% and the female were 15%, the divorced ones, the male were 10% and 15% were females. Those who were single, the males were 12.5% and the females were 5%. Those who seem to be cohabiting, the males were 10% and 7.5% were females respondents.

4.6 Table 6 shows Respondents occupation by Category:

Occupation	Sex	Frequency	Percentage
Civil servant	Male	6	15
	Female	4	10
Peasant	Male	10	25
	Female	9	22.5
Businress	Male	4	10
	Female	4	15
Other specify	Male	1	2.5
	Female	0	0
Total		40	100

Source; primary data

Results from the table above indicate that of the respondents who were interviewed in Northern Division, Iganga Municipality Uganda. Many of them were mainly peasants of which the male were 25 and the female were 22.5%. The civil servant the males were 15% and the female were 10%. Those who engaged in other business, the males were 10% and the females were 15%. Those who were engaged in other pet business, the male were 2.5% and no female was revealed.

4.7 Table 7 shows how the causes of drug abuse:

Policy	Sex	Frequency	Percentage
Peer influence	Male	10	25
	Female	11	27.5
Family background	Male	8	20
	Female	5	12.5
Alcoholism	Male	3	7.5
	Female	3	7.5
Total		40	100

Source; Primary Data:

Findings from the table above shows of the 40 respondents that were interviewed, 25% of the males and 27.5% of the female's respondents revealed that it's because of peer influence,

In the table it further indicates that 20% of the male's respondents and 12.5% of the female respondents revealed that family back ground has played a big real in drug abuse in communities and also 7.5 of the male respondents and also 7.5 of the female respondents revealed that it's because of Alcoholism.

4.8 Table 8 shows how the effects of drug abuse to the youth

Causes	Sex	Frequency	Percentage
Dropping out of school	Male	12	30
	Female	8	10.20
Increased crime within the community	Male	11	27.5
	Female	9	22.5
Total		40	100

Source Primary Data:

Findings from the table above indicates that out of the 40 respondents who were interviewed in Northern Division, Iganga Municipality Uganda, 30% of the males revealed that dropping out of school was among the factors that caused drug abuse to the youth and also 20% of the females suggested the same. Furthermore; in the table it is revealed that 27.5% of the males and 22.5% revealed that increased crime within the community was also another effect of drug abuse to the youth.

4.9 Table 9 shows what has been done to control drug abuse:

Possible solutions	Sex	Frequency	Percentage
Government has tried to arrest those who are engaged in drug abuse.	Male	17	42.5
	Female	3	7.5
Community sensitization about drug abuse and its effects	Male	11	35
	Female	9	1.5
Total		40	100

Source Primary Data:

Findings in the table above shows that of the 40 respondents that were interviewed, 42.5% of the males and 7.5% of the females revealed that Government has tried to arrest those who are engaged in drug abuse as a measure to try to control drug abuse within the community. In the table further, it

indicates that 35% of the males and 15% of the female revealed that Community sensitization about drug abuse and its effects was also a measure to control drug abuse.

4.10 Presentations, Discussion and Interpretation of Data:

The original aim was to establish the impacts of drug abuse on the impacts of drug abuse among the youth in Northern Division, Iganga Municipality whose specific objectives were to establish the causes of drug abuse among the youth in Northern Division, Iganga Municipality, To identify the effects of drug abuse, common signs and symptoms among the youth in Northern Division, Iganga Municipality Uganda. To examine the possible strategies to curb drug abuse among the youth in Northern Division, Iganga Municipality. The study was conducted youth in Northern Division, Iganga Municipality. 40 respondents constituted the sample and were selected basing on simple random sampling approach.

The research study targeted members who were above 18 years, and the community leaders within Northern Division, Iganga Municipality. Local leaders and of which 50% were males and 50% females respectively. Majority of the respondents had not gone to school and they were 25% male respondents and 17.5% female respondents, those who had reached primary level, the male were 7.5% while the female were 5%. O-level had 7.5% males and 5% females, tertiary had 12.5% males and 10% females, University had 5% males and 5% females.

It was also discovered that the majority of the respondent were Moslems whereby the males were 10% and 7.5% were females, males Catholics were 7.5% and the females were 7.5%, the Protestants had 10% males and 10% females, the Born Again had 7.5% males and 7.5% females, the Pentecostal had 10% of the males and 10% of the females, others who included advents, 7.5% were males and 7.5% were females.

The major occupation of the people in Northern Division, Iganga Municipality was mainly peasant family with 25% males and 22.5% females respondents, civil servant had 15% males and 10% females, business had 10% males and 15% of the females, others that included pet traders, the males were 2.5% and 0% were females. It was also further realized that majority of the respondents were married and in this case there were 25% married males and 15% married females, the male who were divorced were 10% and the females were 15%, those who were single, the male were

12.5% and the female were 5% cohabiting had 10% males while the females were 7.5%, other that included other forms, the male were 0% the female were 0%.

The research study further revealed that of the 40 respondents that were interviewed, 42.5% of the males and 7.5% of the females revealed that Government has tried to arrest those who are engaged in drug abuse as a measure to try to control drug abuse within the community. In the table further, it indicates that 35% of the males and 15% of the female revealed that Community sensitization about drug abuse and its effects was also a measure to control drug abuse.

The research study also discovered of the 40 respondents that were interviewed, 42.5% of the males and 7.5% of the females revealed that Government has tried to arrest those who are engaged in drug abuse as a measure to try to control drug abuse within the community. In the table further, it indicates that 35% of the males and 15% of the female revealed that Community sensitization about drug abuse and its effects was also a measure to control drug abuse.

4.11 Interpretation

Results indicate that drug abuse is still a serious problem which needs a serious attention by the Government if communities are to have a better and sustainable livelihood.

CHAPTER FIVE

DISCUSSION, CONCLUSION, RECOMMENDATION AND AREAS OF FURTHER RESEARCH.

5.0 Introduction:

In this chapter the researcher is to discuss the summary, conclusion, recommendations, and also suggests areas for further research.

5.1 Discussion:

The study aimed at establishing the impacts of drug abuse among the youth Northern Division, Iganga Municipality under three specific objectives were to establish the causes of drug abuse among the youth in Northern Division, Iganga Municipality. To identify the effects of drug abuse, common signs and symptoms among the youth in Northern Division, Iganga Municipality. To examine the possible strategies to curb drug abuse among the youth in Northern Division, Iganga Municipality. The study was conducted in Northern Division, Iganga Municipality. 40 respondents constituted the sample and were selected basing on simple random sampling approach.

The research study revealed that members of who are above 18 years, and the community leaders within Northern Division, Iganga Municipality that were targeted included Moslem, Catholic and Born Again Christians, advents among others. The major occupation of the community was peasant farming. The study found out that of the 40 respondents that were interviewed, 42.5% of the males and 7.5% of the females revealed that Government has tried to arrest those who are engaged in drug abuse as a measure to try to control drug abuse within the community. In the table further, it indicates that 35% of the males and 15% of the female revealed that Community sensitization about drug abuse and its effects was also a measure to control drug abuse.

5.2 Conclusion:

Drug abuse is perceived differently from many people. The result indicates that drug abuse among the youth in Northern Division, Iganga Municipality is a big problem that should be seriously addressed. The research indicated that Peer influence, Family background, and alcoholism were the major causes of drug abuse.

Therefore, since the original aim was to establish the impacts of drug abuse among the youth Northern Division, Iganga Municipality. This therefore, research shows that drug Northern Division, Iganga Municipality needs a serious attention to enable the community to overcome the increasing habits if the community was to live in a better life.

5.3 Recommendations:

In order to stop the impacts of drug abuse among the youth Northern Division, Iganga Municipality in Northern Division, Iganga Municipality, the following recommendation should be considered. For drug abuse to be reduced

Government should arrest those who are engaged in drug abuse as a measure to try to control drug abuse within the community.

In the table further, it indicates that 35% of the males and 15% of the female revealed that Community sensitization about drug abuse and its effects was also a measure to control drug abuse.

Government should put much effort to Community sensitization about drug abuse and its effects as a measure to control drug abuse.

Parents should ensure that they talk to the youth so as they understand the dangers of drug abuse.

The youth should ensure that they decreased from the use of drugs since it affects them.

The community should use the local leaders so as they come up with by-laws to regulate the use of drugs among the youth.

Leaders in institutions should come up with stringent measures to curb the use of drugs among the youth.

5.4 Areas for Further Research:

The following are some of the areas for further research.

This research was carried out in the rural area therefore; there is need for other researchers who will be interested in this topic to carry it out even in urban areas in order to gather more results.

The scope in which the researcher carried the research was just limited to the rural areas therefore, a wider scope should be considered by other research that may be inspired to carry out research on the same topic under study.

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APPENDICES

APPENDIX 1: INTERVIEW GUIDE

- 1 What is your Age?
- 1 Respondents Religion
- 2 Respondents Marital Status.
- 3 Respondent's occupation.
- 5 Is drug abuse bad? .
- 6 What are the causes of drug abuse in this area?
- 7 What can be done to control drug abuse in this area?
- 8 why are the youth involved in drug abuse?

Thank you for participating

APPENDIX II : QUESTIONNAIRE

Dear Sir/Madam,

This questionnaire is designed to gather information on an examination of the factors of drug abuse and youth development; a case study of Northern Division, Iganga Municipality. It is not political but purely for academic purposes. The information provided shall be treated with maximum confidentiality.

Tick where applicable

SECTION A

1.0 GENDER

(i) Male ☐ (ii) Female ☐

1.2 AGE

(i) 18-25 ☐ (ii) 25-35 ☐ (iii) 35-45 ☐ (iv) 50 and above ☐

1.3 RELIGION

(i) Moslem ☐ (ii) Catholic ☐ (iii) Protestant ☐ Born Again ☐

Pentecostal ☐ Other specify ☐

1.4 EDUCATION LEVEL

(i) Primary ☐ (ii) Secondary ☐ (iii) tertiary ☐ (iv) University ☐

1.5 Martial Status

(i) Married ☐ (ii) divorce ☐ (iii) single ☐ (iv) Cohabiting ☐

(v) Other specify ☐

☐

1.6 Occupation

(i) Civil servant ☐ (ii) Peasant ☐ (iii) Business ☐ (iv) Other specify ☐

SECTION B

Answer the questions below

2.1 What are the causes of drug abuse?

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2.2 What are the effects of drug abuse to the youth?

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2.3 What has been done to control drug abuse?

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THANKS