THE PSYCHOLOGICAL RISK FACTORS ASSOCIATED WITH DRUG ABUSE AMONG UGANDAN YOUTHS

A CASE STUDY OF KABALAGALA PARISH, MAKINDYE DIVISION, KAMPALA

BY

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May God Bless you all.
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ABSATRCT

Drugs are known to have harmful effects yet young people still use them. The study sought to find out the psychological risk factors associated with drug abuse among Ugandan Youths in Kampala Makindye Division with Kabalagala Parish as a case study. The study was guided by the research objectives and these included; to find out the causes of drug abuse among the youth in Makindye division in Uganda, to establish the activities associated with drug abuse among the youth in Makindye division in Uganda and to assess the psychological risk factors associated with drug abuse among youth in Makindye division in Uganda.

Both qualitative and quantitative data were used in the study. Qualitative data was collected from the key informants who were guidance community leaders and law enforcement officers from Kabalagala Parish through interviews. Quantitative data was gathered from youths and other stakeholders using questionnaire. Qualitative data was analyzed using thematic method whereby the data collected from key informants was grouped under emerging the mesas per the research objectives. Quantitative data was analyzed using descriptive statistic frequencies and percentages. Quantitative data was presented in form of tables and figures.

The study revealed that the most commonly used drugs include alcohol, cigarettes, bhang and miraa. These drugs are readily available and are also affordable to the youths. The drugs were also found to be popular among the larger Ugandan Population. The drugs used by the youths are obtained from the fellow youths, schools, social gatherings, bars, sellers around the community and the black market. The study also found out that personal and social factors contribute to drugs and substance use. Drugs like cocaine and heroin were only used by the youths coming from rich families.

The study makes a number of recommendations: There should be increased public awareness campaigns to bring out dangers of drugs by involving the media, civic education and administration. Parents should take a more active role in the upbringing of their children. A clear drugs policy in schools and training teachers on how to address the problem of drug use is also recommended. The study also calls upon the society to re-evaluate its morals with regard to how it treats drug users and drug lords. The study also calls for further in-depth research into how the identified factors lead to use of drugs among students.
The study concludes that social and economic factors are the main factors which can be used to explain the use of drugs among the youths in Kabalagala Parish and Uganda in particular. These factors determine whether a youth would engage in drug use as they shaped his or her preferences. The way youths are brought up, who they associate with and whether they can access money to buy the drugs largely contributes to drug use.
CHAPTER ONE

INTRODUCTION

1.1 Background

Drug abuse refers to a maladaptive pattern of use of a substance that is not considered dependent. It is a pattern of taking drugs that result in harm to one's health, interpersonal relationships or ability to work.

While on the world scene, the United Nations estimates more than 50 million regular users of heroin, cocaine and synthetic drugs, in Uganda and in particular Kampala, over 20,000 children are estimated to be living on the streets and in slum areas facing several problems among which drug abuse, violence, and unemployment (Kasirye, 2000). Currently, the problem of drug abuse and its related costs are steadily spreading from town areas to the rural areas concentrating mainly in small rural trading centers and towns and highly promoted in films, makeshift video halls and disco places. The act of drug abuse is becoming a common phenomenon among school going children (Kasirye, 2000). It's estimated that while 50% of the hazardous acts such as sexual activity are blamed on alcohol consumption (NGO network, 1998), 5-10% of the population who regularly use alcohol experience alcohol related problems like ill health, mental disturbance and loss of employment (WHO, 2003).

The excessive use of drug leads to several psychological risk factors amongst the youth today. In Uganda, just like any other country, the use of drugs leads to criminal penalty in addition to possible physical, social, and psychological harm, both strongly depending on local jurisdiction (Mosby's Medical, Nursing, & Allied Health Dictionary, 2002). Whereas even moderate drug sustained use may increase anxiety and depression levels in some individuals, in most cases these drug induced psychiatric disorders fade away with prolonged abstinence (Evans, 2001). It's estimated that over 30% of the cases admitted in Butabika mental hospitals are drug abuse related (Kigozi, 2000). Depending on the actual compound, drug abuse including alcohol lead to health problems, social problems, morbidity, injuries, unprotected sex, violence, deaths, motor
vehicle accidents, homicides, suicides, physical dependence or psychological addiction. (Burke et al., 2005)

Despite efforts to address drug abuse cases, currently in Uganda just like in any other developing countries which faces substantial problems associated with drug use, there exist a number of other competing priorities, rendering drug related problems without enough attention prompting the researcher to provide an assessment of the psychological risk factors associated with drug abuse among Ugandan youths in Makindye division.

1.2 Problem statement
Uganda and in particular Kampala, over 20,000 children are estimated to be living on the streets and in slum areas facing several problems among which drug abuse, violence, and unemployment. While the use of drugs leads to a criminal penalty in addition to possible physical, social, and psychological harm, morbidity, injuries, unprotected sex, violence, deaths, motor vehicle accidents, homicides, suicides, physical dependence efforts to address drug abuse cases have not been good enough there exist a number of other competing priorities prompting the researcher to provide an assessment of the psychological risk factors associated with drug abuse among Ugandan youths in Makindye division.

1.3 Purpose of the study
To provide an assessment of the psychological risk factors associated with drug abuse among Ugandan youths in Makindye division.

1.4 Study objectives
i. To find out the causes of drug abuse among the youth in Makindye division in Uganda

ii. To establish the activities associated with drug abuse among the youth in Makindye division in Uganda

iii. To assess the psychological risk factors associated with drug abuse among youth in Makindye division in Uganda
1.5 Research questions

i. What are the causes of drug abuse among the youth in Makindye division in Uganda?

ii. What activities associated with drug abuse among the youth in Makindye division in Uganda?

iii. What are the psychological risk factors associated with drug abuse among youth in Makindye division in Uganda?

1.6 Scope of the Study

1.6.1 Geographical scope
This research was carried out in K, Makindye Division, Kampala District. This area has been chosen because it is one of the slum areas around Kampala where behaviour resulting from drug use, such as robbery and violence are prevalent.

1.6.1 The time scope of this study
The research was carried out in the month of March 2016 to June 2016. This study was hoped to be useful to the government and non-governmental departments and agencies dealing with the youth.

1.6.2 The content scope of this study
This research offered knowledge to understanding the depth of the drug abuse problem among the youth. Such information was vital in making policies and programs to address drug abuse.

The study is geared towards provide an assessment of the psychological risk factors associated with drug abuse among Ugandan youths in Makindye division, a landlocked country located in East Africa. Geographically, the study shall be conducted in Makindye division. It will limit itself to finding out the causes of drug abuse among the youth in Makindye division, establishing the drugs associated with drug abuse among the youth in Makindye division and assessing the psychological risk factors associated with drug abuse among youth in Makindye division in Uganda.
1.7 Significance of the Study

i. It hoped that this research was to motivate further studies in regard to the reduction of high crime rates among unemployed youth in slum areas in Uganda.

ii. The researcher’s interaction with the youth abuse drugs was hoped to create awareness of the problem and hopefully they are to begin to question why they are take drugs. This personal reflection was hoped to be a step in the right direction towards abandoning the behaviour.

iii. The study further was to help the parents, local leaders and the youth themselves to understand the levels of this problem and its effect to the society through identify the levels of drug effects to the Youth.
1.8 Conceptual Framework

The conceptual framework illustrates the relationship between drug abuse and behaviour among youth as shown below:

Drug abuse and behaviour

Independent variable

Drug abuse

- Marijuana
- Khat "mairungi"
- Alcohol

Intervening variable

- Environment factors
- Peer influence
- Media influence
- Family instability

Dependent variable

Psychological Risk Factors

- Aggression
- Eating disorders
- Violence
The conceptual frame work, above shows the relationship between the independent variables, Marijuana, Khat, “Mailungi” and Alcohol dependent variables, Aggression, Eating disorders and Violence and intervening variables, Environment factors, Peer influence, Media influence and Family instability they show its reaction on each other as the research hypotheses.

Youth abuse drugs in different ways and the common ones include smoking, drugs mixed in food, tea and alcoholism. Smoking is considered to be one of the ways drug being abuse and it leads to hostility, stress, this is created due to higher heart rate and blood pressure. Hostility is the behaviour pattern, which contributes to negative effects of an individual (Hoeksema, 2004). Drugs mixed with food affect the hormones, make the nervous system react faster or slower, makes the mind work more rapid than usual (Mouti, 2002) and as a result a person gets eating disorders. Alcohol is the most readily available in liquid form; it has connection to human behaviour change since it depresses the central nervous system and causes unconsciousness (Mouti, 2002). This paints a clear picture of abnormality characterised by feeling out of control, sudden bursts of anxiety symptoms. (Hoeksema, 2004).

Drug abuse and behaviour is a result of environmental factors, media influence and family instability. It is should be observed that youth are best imitators, whether it be of their parents or outside home, this indicates that the influence of the mentioned factors holds an upper hand in this crisis.

1.9 Definition of study concepts

a) Drug abuse

Drug abuse is the use of drugs for pleasure, other than legitimate medical purposes and it is a chemical that changes perceptions and moods. A drug is a chemical which affect the living species mentally or physically (Mout, 2002). According to (Mcilvee and Gross 2004). Definition drug abuse is substance taken recreationally outside society’s approval. These include marijuana, heroin, cocaine, amphetamine.

b) Marijuana

Marijuana is recognised as a plant which can be cut, dried, and rolled into cigarettes or inserted into food, tea, and beverages. It has got many names according to the region or country “In North
America, it is called Marijuana, Pot, Grass, Reefer, and Mary Jane. However, in Jamaica it is known as Ganja, Dindinca, Insominia, Mariwana. While in North Africa called Kif, South Africa named Dagga, in India it is known as Bhang in Middle East Macohna” and other names in other countries (Hoeksema, 2004).

c) Khat “Mailungi”
Khat is a natural substance, which people chew. Khat is commonly used in East Africa, Yemen and Southern Saudi Arabia and people chew its fresh green leaves. But can also be smoked, brewed in tea or sprinkled on food (Aronson, 2009. P.87) it is noted that chewing Khat leaves results in subjective mental stimulation, increased physical endurance, increased self-esteem and social interaction.

d) Alcohol
Alcohol is a colourless liquid with a sharp and burning taste. Its name is ethanol and alcohol is made by fermentation of sugar found in food grain such as rice, millet, maize, fruits, berries and other plant materials (Gelinas, 1990).

1.10 Conclusion
This chapter has covered the background to the study, problem statement, research objectives, research questions, significance of the study, conceptual frame work as it is explained in the previous.
CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction
This chapter provides a review of available literature in effort to present what other several scholars and authors have written regarding the psychological risk factors associated with drug abuse among Ugandan youths. It provide the relevant review of the literature related the causes of drug abuse among the youth, the drugs associated with drug abuse among the youth and the psychological risk factors associated with drug abuse among youth.

2.1 The Causes of drug abuse among the youths
Early studies posit that different sets of antecedent factors are responsible for increasing levels of involvement with drugs much as validation of the particular sets of important factors necessary to progress from one stage to the next has met with some conflicting and contradictory results. For instance while Kaplan (1975) found low self esteem as an important predictive influence in the marijuana initiation stage, this was not found by Jessor and Jessior(1978) when studying the same transition point.

Recent studies suggest one of the cardinal psychological motives for abusing drug as to alter mood. While in this regard Conger (1991), notes that drug use is therefore reinforcing either by enhancing positive mood or by eliminating negative mood, another situational variable is viewed in the tension reducing effects of alcohol is the temporal relationship between alcohol consumption and stress (Brown et al, 1990). However, some scholars (Davison & Neale, 2001) posit that people use alcohol after stress not because it reduces distress directly but because they expect it to reduce their tension. Studies by Rather et al (1992) indicate that people who expect alcohol to reduce stress and anxiety are addicts.

Other studies by Stacy et al (1991) indicate positive expectancies about a drug’s effect predict increased drug use in general. Similarly it is contended that the use drugs helps reduce negative
affect while others use drug when they are bored or under-aroused to increase positive affect (Cooper et al, 1995).

Noting that drug use reflects a failure of other means of coping with emotional states (Davison & Neale, 2001), the youth abuse substances such as drugs, alcohol, and tobacco for varied and complicated reasons, but it is clear that our society pays a significant cost. Use and abuse of substances such as cigarettes, alcohol, and illegal drugs may begin in childhood or the teen years. Certain risk factors may increase someone's likelihood to abuse substances. While factors within a family like chaotic home environment, ineffective parenting, lack of nurturing and parental attachment influence a child's early development thus increasing risk of drug abuse, other factors are related to a child's socialization outside the family characterized by inappropriately aggressive or shy behavior in the classroom, poor social coping skills, poor school performance, association with a deviant peer group and perception of approval of drug use behavior (Kevin, 2005).

Drugs are abused by humans to alter their perceptions of reality. For thousands of years societies have limited this kind of drug abuse by placing various restrictions on it in order to limit its effects to people. (McIlvee and Gross, 2004:p.122). Explain that drug abuse affects the brain and alter thoughts, feelings and behaviour which is likely to be the founded reason why the youth abuse drugs.

Many reasons are claimed to cause drug abuse (Kassandra, 2009: p.6) pointed out that one of the reasons why youth behave in a deviance manner is peer influence. Kassandra argues that despite the earnest guidance of parents, some youth walk astray by means succumbing into pressure and influence. This is done due to the stressful life such as low grades in school, poverty, separation of parents and other related factors which affects the Youth emotionally, psychologically, and physically and the end result into drug abuse Kassandra, neglected to consider the desire for the Youth to discover the hidden truth about drugs.

On another hand (Jorisc, et al, 2012) looked at the failure of parents to guide and protect their children as the cause of drug abuse among the youth. Jorisc, hold the view that youth are less
likely to get involved in drug abuse if their parents are protective, supportive, worm and show physical and emotion affection.

Contrary to the above research (Lyman, 2013) argues that youth abuse drugs to alter their mood “happy hour” he claimed that people naturally want to alter their state of consciousness at certain time through their lives, there for to his findings the state of depression, anxious or bored is a reason for the Youth to desire a change.

Similarly to Lyman’s argument (MclIve and Gross, 2004: p.122) argue that youth’s mental state leads to abuse of drugs with a desire to make themselves happy. Although Lyman, overestimated the findings on happiness there is a need to critically agree with his research in support that drug abuse by humans is caused by the desire to alter their perception of reality. Due to uncontrollable stress and failure to solve problems is among the factors that causes drug abuse. In regards to (Joris C., 2012) and (MclIve and Gross, 2004) their point of view was considering parental guidance where the Parents who show their disapproval of youth abusing drugs or their strict attitudes about drug abuse and discourage the youth not to abuse drugs have been related to less Youth involvement in drug abuse and this means parents who less care for their children are more likely to abuse drugs. It is important to look at outside the family and groups for the issues concerning drug abuse. Youth learn from watching and after words they imitate what they have seen other people doing, mostly those they consider to be their role models. As they modal they are more likely to pick up both positive and negative habits which bring in drug abuse in the negatives of the habits. For example former Kenyan health minister Hon. Charity Ngilu was reported to have said that

“When Youth watch their Heroes smoking Marijuana and drinking alcohol on Television and in Movies they also copy without knowing the dangers……”(Maithey, 2008 : ) Such statements paint a picture that youth learn to abuse drugs in very many ways and Media played some role in the causes of drug abuse as Minister Ngilu stated above.

In acknowledgement of social learning theory according to (Albert Bandura, 2007), People learn through observation and modelling. This is in support of the view that youth abuse drugs after
observing other and modelling, therefore the role model who abuse drugs and observing other people abusing drugs causes drug abuse among the youth.

The causes of drug abuse is a complex issue (Gleitman, 1999), Proved that drug abuse caused by the desire for people to seek to optimize their arousal level through the expected routes, he gives an example of eating when hungry, sleeping when tired and this view points out that through our desire for stimulation, it leads us to seek drastic change of arousal through the abuse of alcohol, marijuana and other illegal drugs. However, the causes are cognitive which is related to the mind together accompanied with thinking and as a result a person become unconscious in making decisions and end up feeling unusual, for example guilt, stress, escaping difficulties and ease pain (Gleitman, 1990) Unlike Gleitman (Kassandra, 2009:) Observed that low grades among the youth in schools is the major cause of drug abuse, low grades creates a negative feelings and the Youth results to Drug abuse in order to ease their pain due to low morals, and lack of self-confidence and this is the only way for those Youth to deal with their failures.

According to (Kasirye, 2011: p.2) the weak laws of Uganda is among the factors that are behind the cause drug abuse, Kasirye started that “drug abuser are fined with little amount of money which does not discourage others to stop abusing drugs” Drug abusers are fined between 100,000-200,000 Uganda shillings. On the anther hand, (Florence Natubega. Khat addiction and the family planning “myth”. NTV Uganda. October. 28. 2013: 9:00pm) reported that youth in Yumbe district abuse Khat for family planning. Youth insisted that when they chew Khat they do not play sex with their wives which help them to follow their sexual time table and the youth further claim that alcohol helps them for in family planning. However, Gleitman holds the view that most of the chronicle abusers of khat and alcohol may become sexually impotent and it is not simple for them to recover, basing on a religious perspectives (Gabisco, 2004) draws attention on gifts from Allah, he claims that Khat is a blessed tree for of all plants and people chew the leaves which are blessed. The author’s view looks at the causes of chewing Khat on a religious perspective.
2.2 Activities associated with drug abuse among the youth

Some of the drugs most often associated with this term include alcohol, amphetamines, barbiturates, benzodiazepines, cocaine, methaqualone, and opioids. Kevivin (2005) connotes that the 1996 National Household Survey on Drug Abuse estimated the number of users of illicit drugs in the United States to be about 13 million. In addition, the survey estimated that 10% of Americans abuse or are dependent on alcohol, and 25% of Americans smoke cigarettes.

While Tobacco as a drug, people cites many reasons include pleasure, improved performance and vigilance, relief of depression, curbing hunger, and weight control, the primary reasons for getting addicted to substance in cigarettes is nicotine. Smoking is responsible for nearly a half million deaths each year. Kevin (2005) contends tobacco use as costing the nation an estimated $100 billion a year, mainly in direct and indirect health care costs.

Marijuana, which comes from the plant Cannabis sativa, is the most commonly used illegal drug in the United States (Kevin, 2005). The drug is usually smoked, but it can also be eaten. Its smoke irritates your lungs more and contains more cancer-causing chemicals than tobacco smoke. Common effects of marijuana use include pleasure, relaxation, and impaired coordination and memory. Kevin (2005) notes that often, the first illegal drug people use, marijuana is associated with increased risk of progressing to more powerful and dangerous drugs such as cocaine and heroin. The risk for progressing to cocaine is 104 times higher if you have smoked marijuana at least once than if you never smoked marijuana.

Cocaine also known referred to as crack, coke, snow, rock as also a manifested drug used (Kevin, 2005): In 1997, an estimated 1.5 million people abused cocaine in the United States. Derived from the coca plant of South America, cocaine can be smoked, injected, snorted, or swallowed. The intensity and duration of the drug's effects depend on how you take it. Desired effects include pleasure and increased alertness. While it is associated with short-term effects also include paranoia, constriction of blood vessels leading to heart damage or stroke, irregular heartbeat, and death. Severe depression and reduced energy often accompany withdrawal; both short- and long-term use of cocaine has been associated with damage to the heart, the brain, the lung, and the kidneys.
Heroin use continues to increase as Kevin (2005) notes that in a 1998 National Household Survey on Drug Abuse indicated 2.4 million Americans used heroin, including 81,000 new users in 1997. Officials see increased use mainly among people younger than 26 years, often women. In 1997, 87% of heroin users were younger than 26 years, compared to 61% in 1992. Whereas the effects of heroin intoxication include drowsiness, pleasure, and slowed breathing, withdrawal can be intense and can include vomiting, abdominal cramps, diarrhea, confusion, aches, and sweating. An overdose may result in death from decreased breathing. Because heroin is usually injected, often with dirty needles, use of the drug can trigger other health complications including destruction of your heart valves, HIV/AIDS, infections, tetanus, and botulism (Kevin, 2005).

2.3 Measures to reduce drug abuse among the youths

2.3.1 Guidance and counseling

Guidance as an educational construct involves those experiences that assist each learner to understand them, accept them and live effectively in their society. Guidance comprises a range of processes designed to enable individuals to make informed choices and transitions related to their educational, vocational and personal development (Wango and Mungai, 2007). The Kenya Ministry of Education (1977) defines guidance as a process concerned with determining and providing for the developmental needs of learners. It is considered a life-long process that involves helping individuals both as part of a group and at the personal level. On the other hand, according to Makinde (1984) counseling is a service designed to help an individual analyze himself by relating his capacities, achievements and interests to a mode of adjustment to what new decision he has made or has to make. In other words, counseling is designed to provide an interacting relationship where the counselor is attempting to help a student to better understand himself in relation to his present and future decisions or problems.

A guidance and counseling intervention program which has shown to be effective with primary school students is the drug prevention program. Use of a social influence model that targets adolescent drug-use beliefs and resistance skills shows the drug abuse problem can be tackled.
successfully. These programs have shown significant changes in student’s drug use attitude and behavior. They employ strategies such as role-playing, group feedback, and mentoring to reshape adolescent attitudes about drug use (NACADA 2007).

Odeleye (2010) observes that guidance and counseling has always been at the forefront of support services in educational institutions, even though it has its origins in the west. The role of the counselor in schools is more like that of life coach and advocate for learners. However, he notes that, in most parts of sub-Saharan Africa, guidance and counseling seem generally unpopular while in countries like Nigeria and some parts of sub-Saharan Africa, the emphasis in counselor training programme has been on secondary education.

Beckerleg (2001) in a study on counseling Kenyan heroin users found that the heroin users found the information offered in the counseling sessions about the effects of heroin useful as a means of controlling its use and reducing physical harm. Most participants also reported that they had learnt more about themselves during counseling and that the sessions had helped them to think about stopping heroin use. Several talked about the counseling instilling a sense of hope that change was possible. Some also spoke about passing on information to friends and reported that, as a group, they sometimes discussed the information and ideas gained from confidential counseling sessions. The evaluation of the counseling service, carried out with the participation of users, shows that counseling offered has assisted people in reducing or even stopping heroin use.

Kinai (2006) noted that, there were problems during schooling years facing students. He found that students especially in urban areas were faced with drug abuse problems, thus, the need for guidance and counseling services in schools to address this issue. No other study was found to link drug abuse in schools and counseling in the Kenyan context, thus, the need for this study to undertake an in-depth analysis of this problem and how guidance and counseling can be effectively integrated into the management of drug and substance abuse.

2.2.2 Curricula Integration
The issue of what should be taught to students at all levels of education, the issue of curriculum content, obviously is a fundamental one, and it is an extraordinarily difficult one with which to
grapple. In developing a curriculum (whether in a specific subject area, or more broadly as the whole range of offerings in an educational institution or in a system), a number of difficult decisions need to be made. Issues such as the proper ordering or sequencing of topics in the chosen subject, the time to be allocated to each topic, the lab work or excursions or projects that are appropriate for particular topics, can all be regarded as technical issues best resolved either by educationists who have a depth of experience with the target age group or by experts in psychology of learning. But there are deeper issues, concerning the validity of the justification given for including particular subjects or topics offered in the formal educational institutions (Apple, 1990).

All these issues need to be considered when designing the drug abuse curriculum. As the place where young people spend the major part of their day, schools should take a leading role in dealing with tobacco, alcohol, and other drug used and also support the effort put by parents and the community. The school environment provides the standards, against which young people test their behaviour, and school personnel serve as highly influential role models by which adolescents and pre-adolescents judge themselves (Karechio, 1996). Relationships with teachers and counselors are among the most important and formative ones for many students. They may provide the only real avenue for comfortable communication with adults. Time spent in sports and other extracurricular activities may provide an additional opportunity for the development of relationships with advisers and coaches. This, in turn, may provide a unique opportunity to engage in valuable prevention efforts (American Academy of Pediatrics, 2006).

Many educators recognize that drug and alcohol abuse among students are significant barriers to the achievement of educational objectives. Furthermore, governmental agencies and local school districts frequently mandate that schools provide health education classes to students, including content on drug and alcohol abuse (Botvin, 2000).

Maduewesi, (2007) noted that, there were many emerging issues in Africa which were supposed to be addressed by the curriculum. Among these were; Integration and infusion of global issues and concerns like HIV/AIDS, environmental degradation and drug abuse, into the curriculum. This continues to pose serious challenges to curriculum developers, as well as to school textbook writers and publishers.
Caldwell, et al. (2004) noted that, the curriculum in South Africa has incorporated classroom based leisure, a sex education program and learning of life skills for young adults. This program is designed to reduce substance use and sexual risk behavior and to increase healthy leisure behavior together within trans and interpersonal skills. They noted that, the students are enthusiastic about it and this contributes greatly to its success. The results suggest that, health wise; it is a promising approach, which can help to reduce the multiple health risk behavior among the population of school-going South African adolescents.
CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction
The procedures that were used in carrying out the research on the relationship between abusive use of drugs and behaviour among the youth in Kabalagala are explained in this chapter. The researcher presents the research design that was employed, study area, population of the study, sample size, and sampling method. In this chapter, the researcher also indicates the sources of data, data collection techniques, data quality control, research procedures, research ethical considerations, limitations and de-limitations of the study.

3.2 Research Design
The researcher used a case-study research design, which he used to investigate individual, groups and events. The case study method focused on both single case and number of cases, which involved interviews, observation.

The case-study design was used because it provided richer details about the relationship between drug abuse and behaviour of the youth in Kabalagala. Case-study research design can provide deeper insight into a particular situation (in this case of drug abuse) and often stresses the experiences and interpretation of those involved (Ball, 1981).

Further, the Case study method of research allowed the researcher to retain the holistic characteristics of real life events while investigating empirical events (Yin, 1984). Moreover, the case study design was used because it has been widely used by social science researchers since it involves the use of questions like how and why it is the appropriate research design.

3.3 Study Area
The study was carried out in Kabalagala, which is located in Makindye Division. Kabalaga slum is bordered by Nakasero to the north, Nsambya to the east, Kibuye and Makindye to the south-east, Ndeeba to the South.
Kabalagala was selected because it is one of the areas where the youth abusively use drugs mostly in the three zones. Moreover, all the behaviours, which may be associated with drug abuse, can be noted in this area. Such behaviours include: aggression, violence and eating disorders, which are the focus of this study. As it is stated in the police report, Katwe also remains to be one of the highest crime ridden areas in Kampala (Uganda Police Report, 2011).

Further, Kabalagala is characterized by a high unemployment especially among the youth. Moreover, majority of the employed youth do not possess formal education and therefore provide mostly unskilled labour. The kind of jobs available include, metal fabrication, over 800 individual small enterprises (Uganda Police Report, 2007), mechanics and many “hands-on jobs.”

3.4 Population of the Study
The target population for this study was 100 respondents included both males and females youths between 15 years of age to 41 years and above. The Uganda Constitution of 1995 defines the age category as constituting the youth. The researcher sought information from community leaders, Youth and police officers. The community leaders were twelve, included: the three LC1 chairpersons, three secretaries for defence, three youth leaders and three secretaries for women affairs and all they were coming from the three zones. Since the youth are from a specific community, it follows that the community leaders were aware of the behaviours of the youths in their communities. However, the researcher needed the permission of the community leaders, which he sought for before the research. The police officers were eight in number, five police officers were selected from Katwe Division police and three officers were selected from Katwe Market police post. The police was vital because it has records of the crime levels in the area. And the Youth were fifteen five in each zone and three male and two female which the Researcher found in the areas where drugs are commonly abused.

3.5 Sample Size
The sample size consisted of 50 respondents that were selected from Kabalagala and these included 20 youths, 15 community members, 7 community leaders and 8 police officers.
3.6 Sampling Method Process

The sampling methods used for this study include: purposive, snowball, random sampling.

With purposive method, study participants were selected because of the classified information or knowledge they have on the issue being studied (Keren S., et al., 2009). In this case, the police and the community leaders were selected purposively. Since the study of drug abuse and the related behaviour is secretive, illegal and sensitive, snowball method was the most appropriate especially when selecting the youth. The researcher used the known informants to introduce him to other informants through networks. The community leaders also selected using the snowball method.

3.7 Source of Data

The researcher used two sources of data, namely, primary and secondary data. The primary data was collected through field research and the secondary data was gathered from documented information from books, journals, magazines and newspapers, reports, relating to drug abuse and behaviour.

3.8 Data Collection Technique

Data was collected using the following tools: Interviews, this tool was used in two ways structure and semi structured interviews because the Researcher was able to collect the information directly from the source (Kothari, 2004). And interviews allowed the researcher to interact with the respondents and this made the study to be inductive process (Karen S., et al., 2009).

Observation method was used and the Research designed observation guide to follow, this was done because the research involved studying behavior and the research was sensitive to the drug abuser therefore the cooperation between the Researcher and Respondents was minimized due to the subject Nature of research. “Observation method is particularly suitable in studies which deal with subjects with respondents who rarely accessible of giving verbal reports of their feelings for one reason or the other” (Kothari, 2004)

Through conversational interviews, the researcher used interview questions to get data from community leaders, police officers and the Youth. And more so the materials got from the
Library present data which explains the topic by different researchers. The interviews give descriptive information and personal opinions of the informants. Further, the observation guide was used to identify cases related to drug abuse and behavior among youth. The researcher visited different places in Kabalagala to observe the behaviors of the youth since many of them spend their time at these places. Secondary sources of related literature from books, journals, magazines, newspapers, reports were used in order to supplement the data that was got during the fieldwork.

3.9 Data Interpretation Techniques
Since qualitative data collection was used in the study, data collection was analysed using, qualitative approaches in order to make accuracy, meaningful conclusion and valid recommendations. First the data collected from the field was transcribed, then, categorized it into themes and before being indexed for easier access during the writing of the research. The data was then edited using computers where by all errors were identified and eliminated.

3.10 Data Quality Control
Data quality control was censured by analysing data before, during the study, and after data collection. It is that this point that the themes of study were selected.

3.11 Research Procedure
The research process began with field preparation whereby the researcher was allowed by the Research Supervisor to go to the Field after accomplished the research proposal. The Researcher got an introduction letter from the University Administrator, a pen, note books for field notes and a recording mobile phone with two full charged batteries used in recording data. In the field the researcher introduced himself to the respondents by presenting the letter from the University and his Identity Card in order to get permission to conduct research. Interview guide questions were approved by the supervisor together with the observation guide which possessed the ethical considerations and the researcher went through it before setting off to the Field.
3.12 Research Ethical Consideration

There are a number of ethical considerations that the research had to comply with and these include:

1. To carry out the research successfully, the researcher obtained a letter of introduction from the Faculty of Humanities and Social Sciences, which introduced him to the respondents in order to interview or ask them to filling in questionnaires.

2. In writing this dissertation, informants’ names (for informants who requested to be anonymous) are withheld to ensure anonymity and confidentiality for ethical reasons.

3. The researcher was patient with situations that did not work out as planned. For instance, many times my informants did not keep the appointments that they had earlier made with me.

4. The researcher has to treat all people with respect as well as respecting their culture such as their ways of dress code. The researcher dressed in a way that created an identity with the youth he was researching to avoid scaring them off as a spy.

5. The researcher greeted and thanked the people after data was collected since he could not get this data without their cooperation.

6. Besides, the researcher clearly explained the purpose of the collection of research.

3.13 Limitation of research

There may be challenges that limited this study and they are outlined below:

- There was reluctance among the leaders to respond and accepting to participate in the research.
- Elders were not able to disclose the information concerning their society since drug abuse is taken to be a crime.
- Visiting the study areas was very costly in terms of transport.
- There were situations of insecurity and I had to suspend some activities sometimes until the researcher was sure that he was safe. Especially at the beginning of the study, many
of the drug abusers thought the researcher was spying on them and since drug abuse is a
crime, they looked at the researcher as their enemy. The researcher had to gain their
confidence that he was not spying them for them to trust and share with the researcher
their experiences.

3.14 De- Limitations
Respondents were selected earlier and communicated to in order to affirm and confirm
acceptance. The researcher also promised confidentiality.

Elders were convinced about the purpose of the study and were made to believe that it is them
and the community to benefit.

Transport costs were minimized by walking sometimes since Kabalagala is not very far from the
researcher’s home. He also used short cut routes.
CHAPTER FOUR

PRESENTATION, INTERPRETATION AND DISCUSSIONS OF DATA

4.0 Introduction
This chapter presents the study’s findings based on analysis of its primary data. The general objective of the study was to provide an assessment of the psychological risk factors associated with drug abuse among youths in Makindye division. To facilitate ease of dissemination and understanding for the target audience, presentation of findings was done using tables, charts and figures.

The findings of the research were presented based on the following four specific research objectives:

i. To find out the causes of drug abuse among the youth in Makindye division
ii. To establish the activities associated with drug abuse among the youth in Makindye division.
iii. To assess the psychological risk factors associated with drug abuse among the youth in Makindye division.

The response rate on the research instrument is given first, followed by demographic data of the respondents, analysis and discussion of findings on each of the four research objectives.

4.2 Response Rate
From the sample size of 130 respondents who were all drawn from Makindye division a total 100 responded. This added up to a response rate of 76.9% which was considerably sufficient to guarantee representative findings. This is in line with Berg (2004) who indicated that, a response rate of 60% and above is adequate to permit data analysis. Table 2 shows the contributive proportions of responses obtained from the respondents.
### Table 1: Response Rate

<table>
<thead>
<tr>
<th>Response rate</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Returned</td>
<td>100</td>
<td>76.9</td>
</tr>
<tr>
<td>Not returned</td>
<td>30</td>
<td>23.1</td>
</tr>
<tr>
<td>Total</td>
<td>130</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Furthermore, Table 1 indicates that responses that were attained from all the targeted entities reflected a highly anticipated representativeness.

### 4.2 Background Information

#### 4.2.1 Gender of Respondents

The sex of the respondents was analyzed in order to establish the representation of respondents in terms of sex in Kabalaga and the results are presented as follows.

**Figure 1: Gender of Respondents**

Source: Primary data, 2016
Research findings in figure above indicate that majority 75% of respondents were male and 25% were female. This is an indication that both genders were involved in this study and thus the finding of the study did not suffer from gender bias.

4.2.2 Marital status of respondents
The respondents were asked about their marital status and the results are presented in the figure below.

**Figure 2: Marital status of respondents**

Source: Primary data, 2016

Results in figure above show that 55% of the respondents were single, 35% were married, 6% were divorced, while 4% were widowed. This implies that majority of respondents who participated in this study were single. This can be attributed to the factor that most of the respondents were youths who have not yet married and some were still in schools.

4.2.3 Age of respondents
The study looked at the marital status of the respondents and the results from the study findings are presented in the table below
Table 2: Age of respondents

<table>
<thead>
<tr>
<th>Age group</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>20-25</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>26-30</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>31-35</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>36-40</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>41 and above</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: primary data, 2016

Research findings from table 2 above indicate that majority of respondents (50%) were aged 20-25 years, 18% were aged 26-30 years, 10% were aged 15-19 years, 10% were aged 31-35 years, 7% were aged 36-40 years while 5% were aged 41 years and above. This indicates that majority of the respondents who participated in this study were youths and these provided valid information for the study. However, getting the age of the respondent was mainly to find out what age mostly abuse drugs. Since the research was focused on the youth it was important to understand the age of the youth who abuse the drugs most.

4.2.4 Education level of the respondents

The study looked at the education levels of respondents to find out which category of youths practice drug abuse and the results are presented as follows.
Table 3: Education level of the respondents

<table>
<thead>
<tr>
<th>Education</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degree</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Diploma</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Certificate</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Secondary</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Primary</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: primary data, 2016

Research findings in table 3 above show that majority of respondents (40%) were degree holders, 25% had secondary certificates, 20% were diploma holders, 10% were certificate holders while 5% had stopped in primary. This implies that drug abuse is most common among the educated youths in Kabalagala. The findings further indicate that majority of the youths had attained some levels of education in Kabalagala and this can be attributed to the availability of Universal primary and secondary education.

4.3 Causes of drug abuse among the youths

The respondents were asked about some of the causes of drug abuse among the youths in Kabalagala and the results are presented as follows.

Different causes of drug abuse among the youths of Kabalagala were assessed based on a number of variables that were used to measure it and results were presented using linkert. Linkert scale was adopted and it ranged from 1 = strongly agree, 2 = agree, 3 = Not Sure, 4 = disagree, 5 = strongly disagree and results are presented in the table below.

4.3.1 Peer influence as the cause of drug abuse.

The respondents were asked whether peer influence is the cause of drug abuse amongst the youths in Kabalagala and the results are presented in the table below.
Table 4: Peer influence as the cause of drug abuse.

<table>
<thead>
<tr>
<th>Peer influence as the cause of drug abuse.</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Agree</td>
<td>45</td>
<td>45</td>
</tr>
<tr>
<td>Not sure</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Disagree</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Findings in table 4 above revealed that majority of respondents (45%) agreed that Peer influence is the cause of drug abuse, 30% strongly agreed, 10% were not sure, 9% disagreed, while 6% strongly disagreed. This indicates that in Kabalagala Peer influence is the cause of drug abuse amongst the youths.

4.3.2 Findings on whether unstable home environment is the cause of drug abuse amongst the youths in Kabalagala.

The respondents were asked whether unstable home environment amongst the homes of tegh youth is the cause of drug abuse and the results are presented in the table below.

Table 5: Findings on whether unstable home environment is the cause of drug abuse amongst the youths in Kabalagala.

<table>
<thead>
<tr>
<th>unstable home environment is the cause of drug abuse amongst the youths</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Agree</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Not sure</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Disagree</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>
Results in table 5 above indicate that 35% of the respondents agreed that unstable home environment is the cause of drug abuse amongst the youths in Kabalagala, 25% disagreed, 15% strongly agreed also 15% strongly disagreed and 10% were not sure. This indicates that unstable home environment is the cause of drug abuse amongst the youths in Kabalagala as per research findings. However there is also a significant number of respondents who disagreed with the statement and this indicate that may be there are other causes of drug abuse among the youths in Kabalagala other than unstable home environment.

### 4.3.3 Findings on whether youth poor relationship with the parents is the cause of drug abuse amongst the youths.

The respondents were also asked whether youth poor relationship with the parents is the cause of drug abuse amongst the youths and the results from the study findings are presented in the table below.

**Table 6: Findings on whether youth poor relationship with the parents is the cause of drug abuse amongst the youths**

<table>
<thead>
<tr>
<th>Unstable home environment is the cause of drug abuse amongst the youths in Kabalagala.</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Agree</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Not sure</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Disagree</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Results in table 6 above indicate that majority of respondents (50%) strongly agreed that youth poor relationship with the parents is the cause of drug abuse amongst the youths in Kabalagala,
35% agreed, 10% disagreed, while 5% were not sure. This show that youth poor relationship
with the parents is the cause of drug abuse amongst the youths in Kabalagala

4.3.4 Youth Permissive attitude towards their own drug use and the drug use of the
adolescent.
Respondents were asked whether Permissive attitude towards their own drug use and the drug
use of the adolescent is the cause of drug abuse amongst the youths and the results from study
findings are presented in the table below.

Table 7: Youth Permissive attitude towards their own drug use and the drug use of the
adolescent.

<table>
<thead>
<tr>
<th>Youth Permissive attitude towards their own drug use and the drug use of the adolescent</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Agree</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>Not sure</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Disagree</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Research findings in table 7 above revealed that 60% of respondents agreed that Youth
Permissive attitude towards their own drug use and the drug use of the adolescent is the cause of
drug abuse among the youths, 20% strongly agreed, 15% disagreed while 5% were not sure. This
is an indication that Youth Permissive attitude towards their own drug use and the drug use of
the adolescent is the cause of drug abuse amongst the Kabalagala youths.
4.3.5 Behavioral problems combined with poor parenting

The study respondents were asked if behavioral problems combined with poor parenting is the cause of drug abuse amongst youth in Kabalagala and the results are presented in the table below.

Table 8: Behavioral problems combined with poor parenting

<table>
<thead>
<tr>
<th>Behavioral problems combined with poor parenting</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>70</td>
<td>70</td>
</tr>
<tr>
<td>Agree</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Not sure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Results in table 8 above show that majority of respondents (70%) strongly agreed that behavioral problems combined with poor parenting is the cause of drug abuse among the youths in Kabalagala, 25% agreed while 5% strongly disagreed. This implies that behavioral problems combined with poor parenting are the cause of drug abuse amongst the youths of Kabalagala.

4.4 Activities associated with drug abuse

The activities associated with drug abuse among the youths of Kabalagala were assessed based on a number of variables that were used to measure it and results were presented using Linkert. Linkert scale was adopted and it ranged from 1 = strongly agree, 2 = agree, 3 = Not Sure, 4 = disagree, 5 = strongly disagree and results are presented in the table below.
Table 9: Activities associated with drug abuse

<table>
<thead>
<tr>
<th>Activities associated with drug abuse among youth</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholism</td>
<td>55%</td>
<td>40%</td>
<td>5%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Cocaine</td>
<td>70%</td>
<td>30%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Gambling</td>
<td>65%</td>
<td>25%</td>
<td>-</td>
<td>10%</td>
<td>-</td>
</tr>
<tr>
<td>Marijuana</td>
<td>45%</td>
<td>55%</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Internet addiction</td>
<td>20%</td>
<td>35%</td>
<td>15%</td>
<td>20%</td>
<td>5%</td>
</tr>
<tr>
<td>Heroin addiction</td>
<td>5%</td>
<td>60%</td>
<td>20%</td>
<td>15%</td>
<td></td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Research findings in table 9 above show that majority of respondents (55%) strongly agreed that alcoholism is the activity that is associated with drug abuse amongst the youth of Kabalagala, 40% agreed while 5% were not sure. This implies that alcohol consumption is one of the dominant activities that are associated with drug abuse amongst the youth of Kabalagala. The researcher observed that Kabalagala being an area of highly low income earners, Alcohol is abused more than any other drugs, the most abused types of alcohol includes Locally made alcohol such as Kasese, Tyson Waragi, Coffe, Uganda Waragi, Empire which is cheap compared to other types of alcohol like beer, wine and whisky. 95 out 100 respondents agreed that most of the youth abuse alcohol during their leisure time and majority of them hide while taking alcohol. The youth noted that alcohol is taken while they at beach, in clubs, and other parties.

Results in table 9 above also indicate that majority of respondents (70%) strongly agreed that Cocaine addiction is the acidity associated with drug abuse among the youths in Kabalagala, 30% agreed. This shows that Cocaine addiction is an activity that is associated with drug abuse amongst the youths in Kabalagala. Cocaine in Kabalagala is mostly smoked although few of the youth mix the drug with food, tea and alcohol. The respondents stated that Cocaine is next to
alcohol to be abused in Kabalagala. The youth who abuse the drug claim that their part time experience usually leads to another and the time you realize it you are already a dependent.

Further more research findings in table 9 above indicate that 65% of respondents strongly agreed that gambling contribute to drug abuse among the youths in Kabalagala, 35% agreed while 10% disagreed. This implies that gambling is an activity that is associated with drug abuse among the youths in Kabalagala. The research observed that there are many sports betting companies that are operating in Kabalagala and most of the youths spend most of their time in betting activities.

Findings in table 9 above also indicate that majority of respondents (55%) agreed that Marijuana addiction leads to drug abuse amongst the youths of Kabalagala while 45% strongly agreed. This implies that marijuana addiction is an activity which is associated with drug abuse amongst the youth in Kabalagala.

Research findings in table 9 above further revealed that 35% of respondents agreed that internet addiction is the activity associated with drug abuse amongst the youths, 20% strongly agreed and disagreed respectively, 15% were not sure while 5% strongly disagreed. This shows that internet addiction is an activity that is associated with drug abuse among the youths in Kabalagala.

Furthermore, research findings in table 9 above indicate that 60% of respondents agreed that Heroin addiction leads to drug abuse amongst the youths of Kabalagala, 20% were not sure, 15% disagreed while 5% strongly agreed. This implies that Heroin addiction leads to drug abuse amongst the youths of Kabalagala.

4.5 Measures to reduce drug abuse among the youths in Kabalagala
The study analyzed the different measures that can be put in place to reduce on drug abuse among the youths in Kabalagala and the results are presented and follow.
4.5.1 Drug users should be isolated from the rest of the youths at schools and in the community.

The respondents were asked whether isolation of drug users from the rest of the youths at schools and in the community can reduce drug abuse amongst the youths in Kabalagala and the results are presented in the table below.

Table 10: Findings whether Drug users should be isolated from the rest of the youths at schools and in the community

<table>
<thead>
<tr>
<th>Drug users should be isolated from the rest of the youths at schools and in the community</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Agree</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Not sure</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Disagree</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Research findings in table 10 above show that majority of respondents (40%) agreed that drug users should be isolated from the rest of the youths at schools and in the community in order to reduce drug abuse, 30% strongly agreed, 15% were not sure, 10% strongly disagreed while 5% disagreed. This implies that isolation of drug users from the rest of the youths at schools and in the community can reduce drug abuse amongst the youths in Kabalagala.
4.5.2 The school rules and regulations of the school should be restricted enough to prevent from drug use in school.

Table 11: The school rules and regulations of the school should be restricted enough to prevent from drug use in school

<table>
<thead>
<tr>
<th>The school rules and regulations of the school should be restricted enough to prevent from drug use in school</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>Agree</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>Not sure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Results in table 11 above indicate majority of respondents (60%) strongly agreed that school rules and regulations of the school should be restricted enough to prevent from drug use in school, 25% agreed, 10% strongly agreed while 5% disagreed. This implies strengthen school rules and regulations different schools reduce on the rate of drug abuse as it was observed that some youths start practicing drug abuse in schools.4.5.3 Restriction on smoking in specific locations.

The respondents were asked whether restriction on smoking in specific locations can reduce on drug abuse among the youths.
Table 12: Restriction on smoking in specific locations.

<table>
<thead>
<tr>
<th>Restriction on smoking in specific locations.</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>55</td>
<td>55</td>
</tr>
<tr>
<td>Agree</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Not sure</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Disagree</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Research findings in table 12 above indicate majority of respondents (55%) strongly agreed that restriction of smoking in specific locations is the measure to reduce drug abuse among the youths, 30% agreed, 8% disagreed while 7% were not sure. This shows that Restriction on smoking in specific locations is one of the measures that can reduce drug abuse among the youths.

4.5.4 Prohibiting advertising on cigarette.

The respondents were asked whether prohibiting advertising bans on cigarette can reduce on drug abuse among the youths and the results are presented in the table below.

Table 13: Prohibiting advertising bans on cigarette.

<table>
<thead>
<tr>
<th>Prohibiting advertising on cigarette.</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>35</td>
<td>35</td>
</tr>
<tr>
<td>Agree</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Not sure</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Primary data, 2016
According to research findings in table 13 above, indicate that 40% of respondents agreed that prohibiting advertising on cigarette is the measure to reduce on drug abuse amongst the youths, 35% strongly agreed, 20% disagreed while 5% strongly agreed. This implies that prohibiting advertising cigarette can reduce drug abuse among the youths as it was observed that majority of the youths practice drug abuse because they are persuasively attracted by the media adverts.

4.5.5 Warning labels on tobacco products

<table>
<thead>
<tr>
<th>Warning labels on tobacco product</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>67</td>
<td>67</td>
</tr>
<tr>
<td>Agree</td>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td>Not sure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

Source: Primary data, 2016

Research findings in table 14 above revealed that majority of respondents (67%) strongly agreed that putting warning labels on tobacco products can reduce on drug abuse among the youths in Kabalagala, 23% agreed while 10% disagreed. This implies that putting warning labels on tobacco products will reduce on drug abuse among the youths since such youths will be scared to get diseases like lung cancer that is caused by smoking.
CHAPTER FIVE

SUMMARY OF RESEARCH FINDINGS, CONCLUSION AND RECOMMENDATION

5.0 Introduction
This chapter comprises of summary of findings, conclusion and recommendation. These were based on the study findings.

5.1 Summary of findings
Findings on background factors, indicated that majority of the respondents were males (75%) compared to their female (25%) counterparts who participated in this study in Kabalagala. Furthermore the study results indicated that majority of the respondents (55%) were single and least staff were (10%) were in other relationships like cohabiting. On the educational status, a big number of respondents attained degrees, followed by those who had Diplomas.

The data indicates that alcohol was abused through drinking, Marijuana was mostly smoked and khat was abused through chewing.

The respondents agreed that the markets of the abused drugs are known mostly to the drug abuser apart from alcohol which is open due to the pending law of alcohol consumption, further the seller of alcohol are not allowed to sell alcohol to persons under 18 years of age but there is no limit for the amount of alcohol should be consumed.

Respondent started that majority of the youth abuse drugs during their leisure time, and those who have nothing to do are using the free time to abuse drugs. Others when they are stressed, the availability of drugs in Kabalagala at a low price also attracts the Youth to abuse drugs.

Failure for parents to do their responsibility as parents and the housing style of Kabalagala was a reason behind the abuse of drugs according to the number of respondents. Media influence, and Role models who abuse drugs in the presences of the youth are influential according to respondents.

This research finding completely show that drug abuse has a relationship with aggression, violence and eating disorder among the youth, violent behavior was discovered that most of
those who get involved in violent crimes majority are in the influence of drugs such as marijuana, alcohol and Khat.

The youth believed that shyness is fought by abusing drugs and the influence of drugs to totally believe to change youth's behaviors.

Respondent's view and the observed characters of the drug abuse shows the relationship between drug abuse and behavior among the youth whereby there was a difference between non abuser and the abuser's appearance hygiene, dressing, speaking and their face appear to others to be aggressive. In brief the summary presented above looked at the findings in chapter four following the study objective.

5.1 Conclusions

The conclusion of this study was drawn on the research objectives as well as the general objective which is presented below.

The study revealed the nature of drugs abused by the youth in Kabalagala slum include alcohol as the most abused and supported by 31 out of 35 respondents, Marijuana was considered to be the second to alcohol and supported by 29 out of 35 and then costly Khat which is supported by 22 out of 35 and most of the respondent believed that the number of khat abuser is increasing.

From the findings, the causes of drug abuse among youth in Kabalagala indicates a lot of issue which includes poor parenting, influential role models who abuse drugs, availability of drugs at a cheap price, stress factors, poor housing, desire to get high, media influence, low self esteem and the need to get involved in antisocial behavior by these who are shy, therefore the factors expressed by the respondents are the major factors behind the causes of drug abuse in Kabalagala

The findings indicates relationship between drug abuse and behavior patterns respondents believed that aggression, violence eating disorder has a connection to drug abuse, marijuana alcohol and Khat influence youth's behavior and mostly produce antisocial behaviors.

The findings presented that marijuana abuse leads to violence crime, as well as aggression. Khat abuse influence sleeping disorder and eating disorder according to the finding the aggression,
and violence and the police believed that it is the reason why violent crime is high in Kabalagala due to high rate of drug abuse.

From the findings on the relationship between drug abuse and behavior which is the independent variable and the dependent variable revealed that there is a connection between drug abuse and behavior and the environmental factors which is the interviewing variables react minor to the study.

5.2 Recommendations
The researcher after collecting data and getting the findings, recommendations were made in line with the problem and the area of study.

Organizations and government of Uganda should effectively promote program which are formed to solve the problems of drug abuse. The promotion can be initiated through designed workshops and support should be given to professional individuals who come up with the effective idea of fighting drug abuse. The workshops should be organized in a way that the youth trust the informers and the informers should be flexible to listen and get feedback from the youth. Such programs should be on grass root and conducted by the Youth themselves with the guide of the professionals.

More so monitoring of education of the youth should be effectively improved because most of the majority youth who abuse drugs are school dropout and policies should be implemented and aggressive force should be applied where necessary to stop youth from abusing drugs.

There is a need to address poverty and poor housing in Kabalagala, the government under its national housing, Ministry of land together with the Ministry of Urban planning should plan and organize Katwe so that hide outs for the drug abuser is destroyed.

The community should be addressed and sensitized about the dangers of drug abuse this will help to reduce the number of youth who are increasingly learn to abuse drugs and the community will stop to protect drug abuser and this should be done by the parents and the local Authorities.
Strong laws are needed in Uganda to handle the drug abuse cases and in this area more social workers, Counselors and social development psychologist should be employed by the police and KCCA to handle the victims professionally.

Nature and nurturing of children should be improved on by parents and the government should follow up the youth’s life for the desire to produce responsible citizens who are free from drug abuse and there is a need to invest much money in sports so that youth are kept busy.

5.3 Final Conclusion

This study indicates that drug abuse is the manufacturer of ant social behaviours among the youth in Katwe. This is not only affecting the youth or their families but the all community. Since the country’s high population is youthful the implication is that drug abuse is more likely to limit the country’s development, in terms of social, economic and psychological future. Therefore change is desired and quick response is needed to save the high population from the danger of drug abuse. It is therefore a need for the all members of the community to act in order to solve this problem of drug abuse in Kabalagala.
REFERENCES


Kevin P Daly, MD, Staff, Emergency Dept., California Emergency Physicians. Last Editorial Review: 8/10/2005


WHO (2004); WHO Global Status Report on Alcohol. Department of Mental Health and Substance Abuse Geneva


World Health Organization

World Health Organization (2003); Genacis Report; May to June 2003
APPENDIX I: QUESTIONNAIRE

Dear respondents

I am Vvuga Steven, a student of Ndejje University perusing a bachelor’s degree in social works and social administration. Am carrying out a research on “The psychological risk factors associated with drug Abuse among Ugandan Youths in Kampala Makindye Division”. The purpose of this study is to fulfill my academic requirements for the award of Bachelors of Social Works and Social Administration. Therefore I kindly request you to answer for me the following questions. Your response will be treated with the highest degree of confidentiality. The data gathered is only and only be used for academic benefits.

Yours sincerely.

Vvuga Steven

Thank you so much

SECTION A: BACKGROUND INFORMATION

Please tick the most appropriate box.

1. Sex
   a) Male         b) Female

2. Marital status
   a) Married      b) Single     c) Divorced   d) Widow

3. Age
   15-19  20-25  26-30  31-35
   36-40  41-45
4. Level of education

a) Certificate

b) Diploma

c) Degree

d) Any other professional please specify ..............................................................

SECTION B: THE CAUSES OF DRUG ABUSE AMONG THE YOUTH IN MAKINDYE DIVISION IN UGANDA.

In this section please tick in the box that corresponds to your opinion/view according to a scale of 1 = Strongly Disagree, 2 = Disagree, 3 = Not Sure, 4 = Agree, 5 = Strongly Agree on the causes of child abuse.

<table>
<thead>
<tr>
<th>No</th>
<th>Causes of drug abuse among youth</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>05</td>
<td>Peer influence is the cause of drug abuse among the youth.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>06</td>
<td>Unstable home environment, often due to drug abuse or mental illness of the parent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>07</td>
<td>Youth poor relationship with parents is the cause of child abuse</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08</td>
<td>Permissive attitude towards their own drug use and the drug use of the adolescent.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09</td>
<td>Apparent ambivalence or approval of drug use in the school, peer group or community.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Behavioral problems combined with poor parenting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Any other causes of drug abuse you know not mentioned above please specify.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

........................................................................................................................................
........................................................................................................................................

46
SECTION C: ACTIVITIES ASSOCIATED WITH DRUG ABUSE AMONG THE YOUTH

<table>
<thead>
<tr>
<th>No</th>
<th>Causes of drug abuse among youth</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Alcoholism</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Cocaine Addiction</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Gambling Addiction</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Marijuana Addiction</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Internet Addiction</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Heroin Addiction</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Any other activity associated with drug abuse not mentioned above specify</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

SECTION D: MEASURES TO REDUCE DRUG ABUSE AMONG YOUTHS

<table>
<thead>
<tr>
<th>No</th>
<th>Measures to reduce drug</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>08</td>
<td>Drug users should be isolated from the rest of the students most of the time.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09</td>
<td>The school rules and regulations of the school should be restricted enough to prevent from drug use in school.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Restrictions on Smoking in Specific Locations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Prohibiting Advertising Bans for cigarette</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>Measures to reduce drug</td>
<td></td>
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<td>-------------------------------------------------------------</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>12</td>
<td>Internet Addiction</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warning Labels on Tobacco Products</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Any other measure please specify</td>
<td></td>
<td></td>
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</tbody>
</table>

THANK YOU VERY MUCH FOR YOUR COOPERATION
APPENDIX II: INTERVIEW GUIDE

The purpose of this oral interview is to clarify issues that cannot be clearly resolved from the analysis of the questionnaires. It also strengthens the results obtained from the questionnaires.

1. How do you describe the current levels of drug abuse among the youths?
2. What are the most important factors that have determined the use of drug among the youths?
3. What do you consider to be the roles of community leaders in prevention of drug abuse among the youths in Kampala?
4. Do you think the level of education attained by the youths determine the level of drug consumption?
5. What are the most important issues that hinder the effective prevention of drug abuse among the youths?
6. Apart from drug abuse, which other challenges do the youth kabalagala youth face?
7. Is there any law in place that prohibits the consumption of drugs in your areas?
8. What are the major roadblocks that community leaders and government face in the implementation of such laws?
To: The Human Resource Director  
KABALACALE MAKINDYE  
Division:  

Dear Sir/Madam  

RE: INTRODUCING:  

JAMES STEVEN  

COURSE: SOCIAL WORK, SOCIAL ADMINISTRATION  

REG: NO. 13.121.323.1E1.045  

This is to certify that the bearer of this letter is a student at Ndejje University in the Faculty of Social Sciences. As part of his/her training, the student is required to undertake research. He/she has satisfactorily completed his/her research proposal and is ready to embark on the data collection process. This is therefore to request for your permission to enable her/him to collect the data in your institution. Any assistance given to him/her will be greatly appreciated.  

Yours faithfully,  

Mrs. Mbooge Saidah Najumba (PhD)  
Jean, Faculty of Social Sciences