

**CAUSES AND EFFECTS OF DRUG ABUSE ON ACADEMIC
PERFORMANCE IN KAPTMA ZONE NORTH PEMBA
GANDO VILLAGE WETE DISTRICT (ZANZIBAR)**

BY

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DECLARATION

I, Ali Mbarak Khamis do hereby declare that this dissertation is my personal work and that it has not been prior submitted in any university for the award of a degree or any other related award.

Name : ALI MBARAK KHAMIS

Signature : 
.....

DEDICATION

I hereby wish to dedicate to the Almighty God, my sponsor Ministry of Education and vocational Training of Zanzibar and my family who tirelessly dedicated themselves towards my academic success.

APPROVAL

This report has been submitted with the approval of the University supervisor

Supervisor : **Mr. OKURUT GODFREY**

Signature : 

Date: 22/1/011

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TABLE OF CONTENTS

DECLARATION	i
DEDICATION	ii
APPROVAL	ii
ACKNOWLEDGMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
ABSTRACT	ix
ABSTRACT	ix
 CHAPTER ONE	 1
INTRODUCTION	1
1.1 Background/ Introduction.....	1
1.2 Statement of the problem	2
1.3 Aim of the study.....	3
1.4 Objectives of the study	3
Special objectives.....	3
1.5 Purpose of the study.....	3
1.6 Justification/ significance of the study.....	4
1.7 Research questions.....	4
1.8 Hypothesis.....	5
1.9 Scope of the study.....	5
1.10 Ethical considerations.....	5
3.11 Limitations of the study.....	5
3.11.1 Missing information.....	5
3.11.2 Shortage of time	6
3.11.3 Lack of funds	6
3.8.4 Sampling error	6
3.12 Organization of the study.....	6
3.13 De-limitations.....	7

CHAPTER TWO.....	8
LITERATURE REVIEW.....	8
2.1 Introduction.....	8
2.2 Causes of drug abuse	8
2.3 Socio economic causes of drug abuse	10
CHAPTER THREE.....	12
METHODOLOGY.....	12
3.1 Introduction.....	12
3.2 Research design.....	12
3.3 Area of study	13
3.4 Study population and sample selection	13
3.5 Proposed data collected instruments.....	14
3.5.1 Primary data collection	14
3.5.1.2 Questionnaire	15
3.5.1.3 Personal interview	15
3.5.1.4 Observation	15
3.5.2 Secondary data collection	15
3.6 Study procedure	16
3.7 Methods of data analysis	16
CHAPTER FOUR.....	17
DATA PRESENTATION AND ANALYSIS OF FINDINGS.....	17
4.1 Introduction.....	17
4.2 Research question one.....	18
Is there a close relationship between drug abuse and academic performance?	
.....	18
4.3 Research question two	18
What are the effects of drug abuse on the overall performance among wingoo	
primary School pupils?	18
4.4 Research question three	20

Which drugs are most oftenly used?	20
4.5 Research question four	22
What is the way forward in curbing the effects of drug abuse	22
CHAPTER FIVE	24
SUMMARY, RECOMMENDATIONS, AND CONCLUSION.....	24
5.1 Introduction.....	24
5.2 Summary	24
5.3 Recommendation	24
5.4 Future research areas	27
5.5. Conclusion.....	27
REFERENCES.....	29
APPENDENCES	30
APPENDIX 1	30
INTRODUCTION LETTER	30
APPENDIX 1I	31
QUESTIONNAIRES	31
APPENDIX 11I	35
TIME FRAMEWORK	35
APPENDIX IV.....	36
INTERVIEW SCHEDULE WITH STAKEHOLDERS	36
APPENDIX IV	37
BUDGET	37

LIST OF TABLES

Table 1: questionnaire respondent.....	14
Table 2: Interview respondents	14

ABSTRACT

This study investigated the causes and effects of drug abuse on academic performance in North Pemba Zone Gando village Wete District (Zanzibar). The study aims at establishing the relationship between Drug abuse and academic performance.

The researcher adopted a qualitative technique and used a cross sectional descriptive survey.

The population of 32 respondents was selected to key respondents of learners and 10 staff, was selected to bring out their objective views, opinions and judgments of the causes and likely effects of drug abuse. The study incorporated purposive random sampling as this method was systematic, simple and with this the researcher believed that she achieved her intended objectives.

The sample size, constituted of 32 respondents/ subjects of which 22 were given questionnaires and 10 responded to the interview.

The research instruments used included interview guides, checklists, various types of tabular formats along with semi structured interview guides, focused group discussions and documentary analyzed by means of themes, comparative tables and category and rank analysis matrices.

CHAPTER ONE

INTRODUCTION

1.1 Background/ Introduction

The term “drug” in the main, would relate to “any substance that, when taken into a living a living organism, may modify one or more of its functions,” while abuse “implies” a particular application of a drug more destructive than constructive for society, or the individual.

One may be hooked emotionally and psychologically, and may have a physical dependence, where one has a drug addiction, problem, whether to a legal or illegal drug, there is a craving for it. The individual wants to use the drug again and again, and if it is stopped there are usually unpleasant, emotional and psychological reactions.

While it is not everyone who uses drugs that becomes addicted, many people do, (may 2006). Drug addiction involves compulsively seeking to use a substance, regardless of the potentially negative social, psychological and physical consequences certain drugs, such as narcotics lang , alcohol, nicotine and cocaine are more likely to cause physical dependence, than other drugs, (Mayo, 2006).

Drug abuse or drug dependence (as preferred by the world health organization), is defined as “a state of psychic or physical dependence, or both on a drug, following administration of the drug on a periodic or continuous basis. “Man has long sought ways to enhance his pleasure, and to ease his discomforts curiosity, as one of man’s outstanding characteristics, appears early in life, and leads to extensive exploratory behavior. It is not surprising then that, many young persons will wish to try certain drugs in order to determine their effects for themselves. Studies by Okoti (1978), Oduraran (1979), and Johnson (1979), exhibit a

plethora of purposes for which students use drugs. The list includes curiosity, boldness, friends-do-it, enjoyment of social gathering, academic pressure, sound-sleep, sexual-prowess, and performance in sports.

An area in which research is still limited is the impact of drug abuse on academic performance of students this study will thus address itself of this realm.

A hypothesis which is in the null form, has been posited to guide the study, via, there is a significant relationship between drug abuse and academic performance. The study was limited to the use of such drugs as alcohol, bhang, nicotine or caffeine-related items and cocaine.

This study was carried out in North Pemba Zone Gando village Wete District (Zanzibar). This is because of the nearness of the researchers' residence to the institution and familiarity with the learners of the institution.

The zanzibar youth contribute about 75% of labour force. They are involved in all developmental activities therefore the backbone of the future. With every passing day, at least five cases of drug abuse are reported at the institution. For instance, in the New Vision of Saturday March 6th, 2004, it was reported that a boyfriend opening slapped his girlfriend at a party, dragged her in the rain and hurled insults at her. This case is demeaning and embarrassing especially in public. The young man was later tested and turned out positive for using marijuana or commonly referred to as bhang. There are so many unreported cases still

1.2 Statement of the problem

Drug abuse is increasing becoming a serious concern in our society, learners both in rural and urban areas face the same problem each day in their lives.

Despite the numerous legal procedures and policies in fighting to ensure the ban these illicit drugs, their abuse is still rampant in our society. The researcher therefore endeavors to investigate the possible causes and the likely impacts of drug abuse on the academic performance of learners.

1.3 Aim of the study

The study aims at establishing the relationship between Drug abuse and academic performance.

The study will take its way into examining how Drug abuse leads to low or negative performance in academics and social behavior generally.

1.4 Objectives of the study

The researcher intends to focus on the following objectives

1. To explore the causes and effects of Drug abuse on academic performance

Special objectives

1. To establish the likely causes of Drug abuse
2. To find out the likely effects of Drug abuse on the academic performance of learners.
3. To establish whether learners are aware of ways of avoiding the tendency of abusing drugs.

1.5 Purpose of the study

The purpose of the study will be to establish the causes and effects of drug abuse and to explore possible solutions to solve these problems

The variables to be investigated in the study shall be centered on, in the review of related literature and will provide a basis for findings of the study

1.6 Justification/ significance of the study

The study has come at a time when the government is discussing the issue at hand due to the adverse effects of learners dropping out of school or are discontinued due to the effects by these drugs. The study will in this case, give more insight about the policies with a purpose of enacting related laws to reduce this menace.

It will also assist law enforcement authorities which are charged with the country and to bring law and order.

The study will assist further, academicians to develop ethically grounded drug abuse theories. Being an academic paper, it will assist with more insight to this.

In addition, the study will assist the researcher to get equipped with research methods for future purposes and will also expose the researcher to the issue concerning drug abuse and how to handle them best.

1.7 Research questions

1. Is there a close relationship between drug abuse and academic performance?
2. What are the oftenly abused drugs?
3. What are the effects of these drugs on the overall performance among primary School students?
4. What is the way forward in curbing the drug abuse trend among learners in primary School?

1.8 Hypothesis

Drug abuse has had profound effects on academic performance of students

1.9 Scope of the study

The study will be carried out in primary School, North Pemba Zone Gando village Wete District (Zanzibar), concerning primary School learners. It will focus on both male and female learners and the sample size will comprise of one hundred respondents

The content of the study will basically be the cause and effects or impacts of Drug abuse on academic performance. Background characteristics of respondents will include age, level of education, profession and marital status.

Data will be obtained respondents in this area whose roles for the stability and academic progress is vital.

1.10 Ethical considerations

Due to the personal nature of the study, some respondents will be reluctant to disclose information to this study with fear of revealing personal information

The researcher, therefore, asked for permission and received on approval letter from the Primary School assuring respondents, confidentiality.

Thus, the purpose of the study would also be explained to the concerned persons at all levels and areas of the study.

3.11 Limitations of the study

3.11.1 Missing information

Some respondents were not filling in the data on questionnaires where they consider their information as confidential. The missing information was seen as

the true age at which some respondents started using drugs; therefore it made difficult interpretation of data obtained.

3.11.2 Shortage of time

The time was too short for the study, almost the duration of 4 weeks which the researcher used to the study were not enough to perform this research work. More time was spent in libraries and hence missed time to consult and interview a larger group of respondents who could provide data and facts in depth so as to get more information for better findings.

3.11.3 Lack of funds

This research study / project was requiring a substantial amount of funds to be available so as to be effectively done in various institutions around the country, so as to have a wide sample size representative to the population. Due to lack of funds and time as well, the sample size was not the exact representative to the population hence this made unrepresentative finding.

3.8.4 Sampling error

The researcher expected to have a sample size of 22 respondents but only 15 respondents were able to return the questionnaires, the same applied to interviews where he expected to have a sample of 10 but only 8 were able to be interviewed. The sampling procedures were not also convenient to the respondents because others refused to take the questionnaires due to lack of time.

3.12 Organization of the study

The study consists of five (5) chapters, the contents of the chapters were presented as follows:-

The first chapter has an introduction of the study; it carries the statement of the problem, background to the problem, hypothesis, and objectives of the study and significance of the study

The second chapter describes the literature review of the problem from various sources of information

The third chapter describes the methodology to be based in carrying the study. It is divided into are of the study, research design, tools of data collection, sample and sampling procedure, scope and limitation of the study and organization of the study.

The fourth chapter presents analysis and discussion over the finding in relation to the research questions and objectives as shown in the first chapter.

The last chapter provides a summary of the findings, concluding remarks, suggests and recommendation for further studies

3.13 De-limitations

Financial constraints was catered for by raising some funds from different people including parents, sponsors, friends, my sisters, without forgetting those well-wishers, who were helpful to the study.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

The purpose of this chapter is to review both theoretical and empirical facts about the subject matter under the study as was put forward by various scholars and observers as well as other authorities. It aims to familiarize the research and any user of this report on the understandings, information and existing knowledge on the said problem. It also discovers and provides insight into the research strategies and methodologies that are appropriate to the research questions and objectives. It provides a gap that researchers need to fill.

The researcher has consulted a wide range of literature from different areas to get the pertinent information supporting the proposed research problem.

2.1 Causes of drug abuse

Many studies have shown that high academic achievement is associated with lower levels of substance abuse. Thus relationship may seem obvious because, a student who abuses alcohol and other drugs will have less time and less cognitive capacity to devote to his or her studies. However, what survey research does not provide is an indication of the values, attitudes, goals and beliefs that either increase motivation for academic success or increase vulnerability to substance abuse. What perspective do the high achievers have that can be nurtured encouraged, and rewarded to keep them from using alcohol or other drugs?

According to the declaration on the elimination of Drug abuse adopted by the United Nations General Assembly on December, 1993, Drug abuse is majorly caused by lack of personal contentment or satisfaction in life. Once an individual

becomes over powered with feelings of worthlessness and suffer from withdrawal syndrome, isolating themselves from friends, families and generally the public. The individual compares themselves with other leading to depression, negative attitude towards school, increased rate of absenteeism and poor performance in every area of their life.

Social pressure, the need to fit into particular social groups and attainment of a temporary "high" or pleasure also surfaces as a cause of drug abuse. A drug like alcohol, - alcohol addiction occurs gradually as drinking alcohol alters the balance of some individual in the brain, such as gamma-aminobutyric acid (GABA), which inhibits impulsiveness, and glutamate which exists the nervous system. Alcohol also raises the level of dopamine in the brain, which is associated with the pleasurable aspects of drinking alcohol. Excessive, long-term drinking depletes or increases the levels of some of these chemical, causing the body to crave alcohol to store feelings or to avoid negative feelings

Emotional state, high levels of stress, anxiety or emotional pain can lead some people to abuse drugs to block out the turmoil. Certain stress hormones may be associated with alcoholism. A report of police officer attending a promotional course to the rant of assistant inspector of police syndicate 4 (2002) at police training school, revealed that, in some cultures, for example, young girls some of whom are in school, are coerced to marry without their consent.

The young girls may be beaten or threatened with work by parents' relatives so as to coerce them unintentionally into marriage. Where the constitution of Zanzibar stresses that, "marriage shall be entered into with free consent of the man and women intending to marry. This case puts these young girls at a vulnerable position and unprotected to rape, defilement and they feel trapped and end up bottling up all these emotional baggage which may trigger them to drug abuse to temporally forget the situation.

A case was cited and reported in the Daily Nation, Tuesday, November, 28 2006- student jailed for life in China. Along this line, Fred Mukinda (2006) cited a case where a third year student at University at Nairobi was found guilty of drug trafficking by a court in China. This has ruined his chance to complete his education and instead he will be in jail for life.

During the examination periods, learners tend to be in too much pressure as they fell bombarded with a huge amount of work load thus needed a leeway or an ease to relieve this pressure, and make them feel relaxed. This in turn pushes them to indulge in abusing drugs, thereby feeling a temporary case or a temporary "high" once it wears off, the pressure they initially felt comes rushing back putting the user in a worse situation than before, this thus turns out to be a vicious cycle of high moments and low moments once the effects wear off.

2.2 Socio economic causes of drug abuse

According to Fred Mukinda (2006), the socio-economic status of an individual is a pre-disposing factor of drug abuse. In thus case, if the learner is financially supported by parents or guardians, or the individual earns through a certain occupation, they tend to feel at liberty to misuse these finds through abusing drugs, Kaye (2006). The declaration (1993) revealed that the learner's dependence on areas or people from whom they can acquire the drugs or the finances to buy the drugs makes them endure physical and psychological torture and abuse simply because they depend on the drug dealers rendering them vulnerable to deprivation, frustration and poverty

Kaye (2006), observes that the problem of drug abuse arose in situations of strained relationships between the learners and their families. When members of a family are openly treated unequally and unfairly, the prejudiced individuals feel isolated, rejected and disowned from the place they have always associated with comfort, love security and understanding. This comfort zone turns to be a

hostile environment compelling them to find an alternative. This is where negative peer pressure gains entry and the individuals feel like they can identify with their peers, therefore go ahead acting as a group.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter shows the approach of the study, sampling procedure and research analysis and design

Research methodology is a way to systematically solve the research problem (Kothori 1990). It may be understood as a science of auditing how research is done scientifically.

In it we study the various ways and steps that are generally opted by a research in studying his or her research problem with the logical behind them.

Hence, this chapter shows various inclinations the researcher went through during her study. It shows the design of the study, undertaken. The study is presented in a methodical way to ensure articulate, authentic and steady information.

3.1 Research design

The researcher used a descriptive research design embracing the use of questionnaires, interviews, observation, library work and of course internet, and visitations of different areas when the need arose. These methods were selected as the most appropriate for investigating the problem, as they enable the respondents to freely express their opinions, experiences and knowledge as well as to help the researcher in collecting data about this study.

3.2 Area of study

The area of the study was primary school Kaptama Zone North Pemba Zone Gando village Wete District (Zanzibar). The researcher selected this area due to the unlikely transport costs since the researcher's residence is within the vicinity.

Since drug abuse has no boundary, learners and respondents of various traditions, education, status and careers were tackled.

3.3 Study population and sample selection

The study population was basically respondents from primary School area. The researcher focused on background characteristics like age, marital status, education level, nature of employment if any

The sample selection was purposive because the respondents were knowledgeable of the problem

The population of 32 respondents was selected to key respondents of learners and 10 staff, was selected to bring out their objective views, opinions and judgments of the causes and likely effects of drug abuse. The study incorporated purposive random sampling as this method was systematic, simple and with this the researcher believed that she achieved her intended objectives.

The sample size, constituted of 32 respondents/ subjects of which 22 were given questionnaires and 10 responded to the interview.

The respondents were selected systematically and the interview was taken as the representative sample of the entire population under the area of the study

The table below shows the actual respondents in comparison with the estimated number of the respondents.

Table 1: questionnaire respondent

Population	Estimated sample	Actual sample	Percentage
Learners	16	5	13.53
Staff	3	5	46.66
Others	3	5	39.81
Total	22	15	100

In the above table, of the 22 respondents only 15 of the targeted population respondent, of that 15 responded 13.53 percent were learners, 46.66% were staff and 39.81% were other people.

Table 2: Interview respondents

Population	Estimated sample	Actual sample	Percentage
Learners	4	3	14.0
Staff	3	3	61.0
Others	3	2	25.0
Total	10	8	100

From the above table, of the estimated respondents, it is only 8 respondents who were able to be reached for interviews which indicate 90% of the chosen population expected to be interviews from 8 interviewed people almost all of them were learners or staff members.

3.4 Proposed data collected instruments

3.4.1 Primary data collection

In collecting the primary data, the researcher used questionnaires to get first hand information, the researcher administered the questionnaires and conducted interviews which enabled the researcher to gather extra material and knowledge

from the respondents, as well as observation methods, the researcher used primary data because it gives the actual and current information concerning the study Kothari (1990) argued that research must depend on primary data, which are collected specifically for the study.

3.4.1.2 Questionnaire

Self administered questionnaires were used of about 22 copies where given to respondents. These were people who knew how to read using this instrument, the researcher set structured questions. The majority of the questionnaires were conducted to the learners.

3.4.1.3 Personal interview

This methods was used by the researcher because of the need to obtain more information in greater depth, as it was orally conducted. Interview was also appropriate because data was reached without recourse to constant decking on the respondent as it was with the questionnaire respondents.

3.4.1.4 Observation

The researcher used this method because she wanted to control the validity and reliability of data, by totally eliminating bias, in doing so, she observed respondents who were using these drugs, their behaviour and placing herself into their shoes.

3.4.2 Secondary data collection

In collecting secondary data, the researcher used the internet, manuals, pamphlets, textbooks, magazines, journals, newspapers, listening to radios, watching television and other documents which were available for the study. The

researcher made use of secondary data, to see the historical references of other past-related studies.

3.5 Study procedure

Before the actual research began, the researcher got an introductory letter from her faculty administrator which she took to the relevant authorities that helped her reach the places of interest in the study area. Thus the sequence of data collection was as follows

Supplied 22 questionnaires, 16 of them to learners, 3 to staff and 3 to others. These questionnaires were concurrently collected and at the time, informing the groups to be interviewed and scheduling time and dates to conduct interviews.

3.6 Methods of data analysis

The researcher used quantitative and qualitative data analysis. Quantitative data was analyzed in categories of frequencies and percentage from the groups of the respondents in the serve line, items were tabulated and distributed according to table with observed references, percentage of each item was later calculated to determine the trend of findings that was used as a basis for drawing conclusions. This type of analysis enable the researcher to organize data system practicing in reference to the population and determining majority and minority respondents and their views.

Qualitatively: interviews was used to identify categories of expectations values, opinions, strength and weaknesses of the problem under study from respondents. After the results were summarized, organized and presented in descriptive form which the researcher got general views of her respondents that supplemented the quantitative method.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS OF FINDINGS

4.0 Introduction

This chapter presents and discusses the analysis and findings obtained from the study. There were four research questions formulated in this study and the results were extracted from observation, questionnaires as well as interview.

In this study, the efforts have been made in searching and studying relevant facts about the effects of drug abuse on academic performance. Content analysis has been made and thus data has been classified, organized and compared to meet the systematic objective and qualitative descriptions.

Some considerations have been made regarding the research findings therefore the worlds and terms used are within their study limits. It is an explanatory report aimed at pointing out casual relationships among variables. The groups/respondents that assisted the research in accessing and collecting data were learners, staff members among others the research meet various people during this time.

4.1 Research question one

Is there a close relationship between drug abuse and academic performance?

The researcher wanted to know if there was a close relationship between drug abuse and academic performance. The researcher found there was a close relationship more specifically between Marijuana, and alcohols have been the topic of many studies due to the fact they are the most commonly used substances. For decades, marijuana use and heavy alcohol use have had negative connotations in society, naturally, since it is illegal, marijuana has always been perceived more harmful than alcohol.

To add to the negative connotation of marijuana there have been many studies that imply, that marijuana has a negative effect on a person's abilities. For instance, a study conducted by picou, suggests that marijuana use is positively correlated to the "a motivational syndrome" people with this syndrome are less goal oriented, and are characterized by a lack of motivation and lower levels of academic achievement (Picou, 1980, 529). Another study found that; adolescent drug use has been linked to lower indices of extracurricular activity, academic aspirations, and attraction to school" (Evans and Skager, 1992, 354). Hence it is no surprise why many parents and educators are concerned that the academic performance of their children and students may be affected by use of marijuana and alcohol.

4.2 Research question two

What are the effects of drug abuse on the overall performance among primary School pupils?

Through questionnaires, interviews and observation made by the researcher herself, there are lots and lots of problems/ effects of drug abuse. Some of these

are usually varied depending on such factors as frequency of use, the kind of drug taken, how much is taken, how quickly it gets to the brain, what other drugs are taken at the same time, the differences in body size and chemistry, the length of time the drugs used and other components, all contribute to the final effects of these drugs, on the individual.

Marijuana can affect mood and coordination. The users experience mood swings that range from stimulated or happy to drowsy or depressed. It also elevates heart rate and blood pressure. Some people get red eyes and feel very sleepy or hungry. The drug can also make some people paranoid or cause them to hallucinate. Marijuana is as tough on the lungs as cigarettes. Steady smokers suffer coughs, wheezing and frequent colds.

Psychological dependence. This is another effect of drug abuse, the users become dependent on the drugs to feel good, deal with life, or handle stress. In addition, their bodies may demand more and more drugs to achieve the same kind of high experienced in the beginning.

Terminal addition substances that are sniffed or "huffed" to give the user immediate high inhalants. These include household products like hair spray, aerosol deodorants and spray paints, when are breathed directly in from the original container make the user giddy and confused, as if drunk, long time users experience severe headaches, nosebleeds and may suffer the loss of hearing and sense of smell, severe toxic reaction and death.

Poor academic performance. Drug addiction severely impairs the users performance level along with his or her level of responsibility-such as skipping class, failing to complete assignments e.t.c. this abuse has produced the student body's with many abusers whose relationships, reputations, futures, wallets, self-images and especially grades suffer as a result of the drug abuse

Alcohol one of the most misused drugs to day is also one of the most popular and readily available, of all types of drugs and controlled substances found on school campuses

Waking in a stupor after the previous rights party, missing classes due to the hangover effect and ultimately losing whatever funding may have accompanied one's higher education is but a single representation of how drugs detrimentally impact one's academic performance.

Denial is a characteristic of drug addiction. Many people who are addicted to drugs will not undergo treatment as they feel as if they have no problems with the drugs and may even deny using any drug at all

The uses of drugs cause effects of withdrawal. On the minor end, these effects may include runny nose, sweating abnormally, anxiety and craving for the drugs severe reactions can include sleeplessness, depression dilated pupils, rapid pulse, rapid breathing, high blood pressure, abdominal cramps, bone and muscle pain, vomiting, diarrhea and general weight loss.

Loss of interest in activities and hobbies that initially used to bring pleasure to the user is another effect of the drugs. The user no longer feels the appeal of the hobbies that she or he used to do and they no longer generate a sense of relief or calmness or happiness once done. This is replaced with a feeling of emptiness and discontent, thus therefore prompts the user to fill this feeling with a substituted activity and when the same effect is not achieved, the user goes for the drug to fill this emptiness.

4.3 Research question three

Which drugs are most oftenly used?

Alcohol, alcoholism is characterized by a pre-occupation with alcohol and impaired control over alcohol intake. This is a chronic often progressive disease, which left untreated, it can be fatal. An addict may continue to abuse alcohol

despite serious adverse health, personal, academic, work- related and financial consequences. Alcoholism usually involves physical dependence on alcohol, but genetic, psychological and social factors contribute to the addiction as well.

Alcohol depresses the central nervous system. In some people, the initial reaction may be stimulation. But as you continue to drink, you become sedated. Alcohol lowers inhibitions and affects thoughts, emotions and judgment. In sufficient amounts, it improves speech and muscle coordination. Too much alcohol depresses the vital centres of the brain and heavy drinking binge may even cause a life threatening coma.

Overtime, excessive alcohol use can cause fatigue and short term memory loss, as well as weakness and paralysis of the eye muscles. Other severe health effects include liver disorders, gastro intestinal problems cardiovascular problems, diabetes complications, birth defects, bone loss sexual dysfunction and menstruation just to mention but few.

Marijuana or bhang. This is done hand in hand with smoking cigarettes. These drugs contain some components, one of which is nicotine, a chemical which is potently addictive. Addiction to this drug brings a host of health problems such as damages to lungs; heart and blood vessels, heart diseases, stroke and cancer people with this addiction can not stop smoking, experience strong withdrawal give up social or recreational activities in order to smoke.

These drugs lead to lung cancer, fertility problems in women, complications in pregnancy and new born babies, and it deadens the senses of smell, and taste.

Inhalants like glue, paint, solvents and nitrous oxide can all be used as an inhalant drug. The signs and symptoms of inhalant use vary depending on what substance is inhaled. When inhaled, these products can cause brief intoxication and a decreased feeling of inhibition long term use may cause seizures and damage to the brain, liver and kidneys. Inhalants can also cause death.

4.4 Research question four

What is the way forward in curbing the effects of drug abuse

Regarding this question, the survey shows that all learning institutions should provide more opportunities and ways of curbing this behavior through:-

Provision of hot lines or help lines where users can call so as to learn about treatment. Addiction is a chronic replacing disorder, meaning some one may tend to fall back into old addictive behaviors, including drug use, even after treatment. This may make the users reluctant to seek help

Because denial is often a characteristic of addiction, many people who are addicted won't seek medical treatment on their own. Friends or family members may need to persuade the user to undergo screening for drug addiction. Breaking this habit may involve counseling, an out patient treatment program or residential treatment.

Screening and diagnosis. Diagnosing a drug addiction often starts after a friend, colleague or family member has raised concerns about another user's behavior. The doctor asks questions about the frequency of use, type of drug, whether the family members or friends have criticized the user's drug use or whether the user himself or herself felt that they may have a problem.

A definitive diagnosis of drug addiction occurs after an evaluation by a psychiatrist, psychologist or specialized addiction counselors. Blood tests often are not able to result in a diagnosis of a drug addiction, but these tests help a doctor detect the presence of a drug when its use has been denied

When institutions seriously take this into consideration and such rehabilitation centres are put up in the institution, it would assist in curbing drug addiction.

Counseling- individual or family counseling with a psychologist, psychiatrist or addiction counselor may help the user to resist the temptation to resume abusing

drugs. Behavior therapies helps the user develop ways to cope with drug craving suggest strategies to avoid drugs and prevent relapse, and of offer counseling also can involve talking about the user's job families, education, life and friends. Counseling with family members can help users to develop better communication skills and to be more supportive

Treatment programs- treatment programs generally include educational and therapy sessions focused on establishing sobriety and preventing relapse. This may be accomplished in individual, group or family sessions.

Self-help groups- many, though not all of these groups tend to use the 12-step model first developed by alcoholics anonymous. Self help groups, such as narcotics anonymous, exist for people addicted to drugs, such as cocaine, alcohol, sedatives and narcotics. The message is that addiction is a chronic disorder with a danger of relapse and the ongoing maintenance treatment-which may include medications, counseling and attending self help group meetings is necessary to prevent a relapse. The doctor may help the user to locate a self help group, the internet may also help.

Doctors' visitation. The best way to curb drug addiction is not to take the drug at all. The doctor may prescribe narcotics to receive pain, benzodiazepines to receive anxiety or insomnia, or barbiturates to receive nervousness or initiation. Doctors prescribe these medications at safe doses and monitor their use so as to ensure they have not given too great a dose or for too long a time.

Communication-when there is a feeling of relapsing back into drug addiction, the user may approach a trusted individual either doctor, friend or family member and talk to the person about what they are going through.

CHAPTER FIVE

SUMMARY, RECOMMENDATIONS, AND CONCLUSION

5.0 Introduction

This chapter presents a summary of the entire research work. The recommendations; the conclusion of the entire research work and suggestions for further research areas.

5.1 Summary

In this study the researcher attempted to see the effects of drug abuse on academic performance. She also pointed out the causes of drug abuse like socio-economic causes, depression stress, and peer pressure

The researcher highlights that learning institutions are supposed to help curb this behavior. One wonders why members of the community and the government should not fully invest in rehabilitation institutions to help curb thus behavior

This study has pointed out the effects of drugs on the individual learner, from denial poor academic performance withdrawal effect, psychological dependence, terminal addiction, terminal diseases and loss of lives

This study also pointed out various drugs that are commonly abused like cocaine, alcohol, inhalants, marijuana and smoking just to mention but a few.

5.2 Recommendation

Our countries need programmes that encourage co-operation and individuals who are addicts to, curb the addiction, at the same time, liaison with programmes to other countries for international awareness and those who are not should take

into account the adverse effects that this habit causes not only on the addicts lives but on the whole economy in general. They should also take other matters in considerations like.

- a) African countries should invest in rehabilitation programs for the development of our countries, communities and economies.
- b) Media owners and editors in developing countries should go by the adage “think globally and act locally” in attempts to modify programmes from other countries and contextualize them in local environment so as to bring awareness of this deadly addiction
- c) Training of individual in ethics necessary to assist doctors and psychologists, and social workers to help curb this addiction
- d) There is need for collaborative research, exchange of trainers and programs among trainers, social workers and doctors together with psychologist

In terms of ethics, the trainers, like the doctors and psychologists should abide to codes of ethics such as

- a). Avoiding violation of individual privacy and human dignity unless such violation is done for probable public interest
- b). Curbing against label, slander and defamation.
- c). Respecting human rights.
- d). Educating citizens and others on matters affecting them and their surroundings, and plotting a head of other matters of public and national interest

More innovative programmes are needed in most rehabilitation institutions so as to nature, educate, promote alert and to encourage sobriety in all the patients that go through these programmes and also enable these institutions to regularly keep track of their patients and ensure they have not back slided back to addiction, by constant check user and regular meetings.

5.3 Future research areas

Despite the interesting findings and implications that emerge from this research, it is important to recognize its limitation and need for additional research.

As technology advances at alarming rate this area of research is likely to continue to be rich in focusing on other like:

- a) The effect of rehabilitation on drug addicts
- b) Complementary and alternative medicine
- c) The level of effect in males and females

5.4. Conclusion

There has been emphasis on encouraging the development and survival of alternative bodies and innovative programs for personal development. This might be attributed to sheer expediency although some would see a commercial conspiracy behind it as well policy that is friendly towards local innovation in program content would go along way to improve the quality and diversity of life.

As Zanzibar responds to the challenges of the effects of drug abuse on its community, developing a policy in presenting development issues must look beyond the obvious issues and gear the country's human resources to ensure development for the benefit of a single individual to all.

While we quite agree that several psychiatrists and doctors are mobilizing people on sobriety issues, more has to be done. We need to learn more from others like neighboring countries of Kenya and Tanzania then to the rest of the world. We

should advocate form programs that are relevant to our society especially the generation next.

There is great potential for rehabilitation programmes which will ensure it plays a significant role towards development of the individual and the country at large, in the time to come because currently, there has been little emphasis on encouraging such programmes.

Therefore, these are going to be interesting areas for future research as the knowledge, base needs to be continually completed by academic rigor of strong conceptual mode, adequate fund and strong research methodology so as to give more reliable information

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APPENDENCES

APPENDIX 1

INTRODUCTION LETTER

..... PRIMARY
SCHOOL
P.O BOX
WETE DISTRICT
7th/JAN/ 2010

TO:

ALL RESPONDENTS

ALI MBARAK JHAMIS

Dear Sir/Madam,

RE: RESEARCH PAPER.

This is a research paper to investigate the causes and effects of drug abuse on academic performance in North Pemba Zone Gando village Wete District (Zanzibar). The results of the research work are geared towards sensitizing the society on the causes and effects of drug abuse on academic performance as well as to assist other researchers to carry out further detailed research on the same topic.

Please fill the questionnaire by either ticking or as instructed by the questionnaire itself. All the information given will be confidential. Please give accurate information.

Thanking you for your Co— operation

Yours faithfully:

.....

ALI MBARAK JHAMIS

APPENDIX 1I

QUESTIONNAIRES

Thanks you for taking time to share with us views that are intended to analyze the effects of drug abuse on academic performance

This survey is parts of my research work for completion of my degree of Bachelor of Arts with education of Kampala International University please answer the questions freely. Your contribution towards the achievement of this objective will be highly appreciated. All the information provided is strictly confidential and exclusively used for this research only. The respondent will not been named in the research

Thanks for your cooperation

.....
Signature
.....

1. a) Are you a special trained teacher?

Yes

☐

No

☐

b) Do you have any children who involve in drug abuse in your school?

Yes

☐

No

☐

Don't Know

☐

If yes, how many?

Class	1	2	3	4	5	6	7	8	Total
No. of pupils									

2. How did you identify them?

- a) By observation
- b) Told by parents
- c) Told by other teachers
- d) Told by other children

3. How do these children behave in class?

- a) Tilting of heads
- b) Pardoning
- c) Do not respond to command
- d) Fix eyes on the speakers

4. How do these children behave during play?

- a) Participate in play activities
- b) Never take part in play
- c) Sometimes play with others
- d) Don't care about one
- e) Look for other methods

5. Please list three educational problems which these children encounter in schools?

.....

6. How do you as a teacher handle these problems?

- a) Exempt one from activities ☐
- b) Sympathize ☐
- c) Give one different activities ☐
- d) Don't care about one ☐
- e) Look for other methods ☐

7. How do other children treat such a learner?

- a) They isolate him ☐
- b) They handle him with care ☐
- c) They sympathize ☐
- d) They freely mix ☐

8. How do you view these children in your school?

- a) Underachievers ☐
- b) Burden ☐
- c) Should be placed ☐
- d) Should be left at home ☐

9. How does drug abuse affect learning? Explain briefly

.....

.....

10. How do you support children with such habit as teachers?

a) Advising them individually ☐

b) Referring them to special schools ☐

c) Guiding and Counseling them ☐

11. Do they get any support services from outside?

Yes ☐

No ☐

APPENDIX 11I
TIME FRAMEWORK

Phase/ Activity	Time (Months)	Dates
Development of Proposal	3	May- June
Development and Piloting of Instruments	1	July — 2010
Data Collection	1	August-2010
Data Organization, analysis and Interpretation	1	Feb- 2011
Typing/ Editing/ report writing/ Submission	2	April 2011

APPENDIX IV
INTERVIEW SCHEDULE WITH STAKEHOLDERS

1. What factors lead to drug abuse in Children?
2. Do your children involve in drug abuse?
3. What kind of drug abuse do children practice most?
4. Do young children involve in drug abuse? Why?
5. Does drug abuse affect the growth and development of Children?

APPENDIX IV

BUDGET

No.	Item	Description	Est. Amount. (Kshs)
1.	Stationery	-2 Reams of Photocopy paper @ 400/- - 2Pkts of Diskettes @ 500/- - Writing Materials @ 500/-	800 1000 500
2.	Personnel	2 Field assistants @200/- Per day 30 Days	12000
3.	Travel and Accommodation	- Fare to move within the Zone. @ 200 for 30 Days	6000
4	Services	- Secretarial, Photocopying, - Printing, Binding	5000
5.	Miscellaneous	1% of the cost	253
	Total Amount =		25,553