

**EFFECTS OF DRUG AND SUBSTANCE ABUSE ON ACADEMIC
PERFORMANCE OF STUDENTS AT BONDO TEACHERS
TRAINING COLLEGE IN BONDO DISTRICT,
NYANZA PROVINCE KENYA.**

BY

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DECLARATION

I, do hereby declare that this research report is entirely my own original work, except where acknowledged and that it has not been submitted to any other university or institution of higher learning for the award of a degree.

Signature . Date 12TH AUG 2010

OYOO OWINO STEPHEN

APPROVAL

This research report has been submitted for examination with my approval as a university supervisor.

Signature  Date 13th Aug 2020

Mr. TINDI SEJE (SUPERVISOR)

DEDICATION

This research report is dedicated to my beloved mother Margret Oyoo and brother Dr. Samwel Oyoo

ACKNOWLEDGEMENTS

I wish to thank the almighty God for his wonderful plans for me. His mighty hand has been on my side, supporting and encouraging me. I am specifically thankful for the gift of knowledge and wisdom used to accomplish this research. I will praise Him always.

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ACRONYMS/ABBREVIATIONS

- (a) NACADA – National Campaign Against Drug Abuse
- (b) E.G – for example
- (c) i.e – that is
- (d) U.S – United States

DEFINITIONS OF TERMS

- (a) Soft drugs- these are drugs that are not considered very harmful.
- (b) Hard drugs- very harmful drugs such as heroin.
- (c) Drug addict- could not stop using drugs.
- (d) Pushing drugs- selling drugs
- (e) Limitation- these are difficulties or barriers encountered during the process of carrying out the research.
- (f) Delimitation- these are the supportive factors for the success of the research.
- (g) Respondent/ subject- selected number of members from the accessible population.
Sometimes the term interviewee is used.
- (h) Anesthetic- a substance that stops you feeling pain.
- i) Sedative- a drug or medicine that makes you feel calm or want to sleep.
- (j) Toxic- poisonous.
- (k) Psychotic- very serious mental illness that affects your whole personality.
- (l) Paranoid- type of mental illness in which you wrongly believe that other people want to harm you. (Feeling of fear and suspicion of other people).
- (m) Carboxyhaemoglobin- binding of carbon monoxide and haemoglobine.

ABSTRACT

The purpose of this study was to investigate the effects of drug and substance abuse on academic performance of students in Bondo Teachers Training College, Bondo District – Kenya. Most of schools in this region have been experiencing challenges in trying to fight this menace of drug and substance abuse among the primary pupils.

The eight (8) schools that participated in the study were selected using random sampling technique. Both random and purposive sampling techniques were used in selecting the 80 respondents.

Data collected was analyzed using both descriptive and statistical techniques.

The major findings were drug and substance abuse affect the academic performance of pupils negatively. The students who are in drug and substance abuse their class performance is normally poor.

Based on these findings, it is recommended that the government, schools and the community have to join hands and embrace new techniques of drug prevention.

The teachers, students and parents need to be equipped with skills of drug prevention and resistance skills through workshops, seminars and even life skill Education in school curriculum.

CHAPTER ONE

INTRODUCTION

1.0 Chapter overview

This chapter focused on the background, statement of the problem, purpose of the study, objectives, research questions, scope, and significance of the study, limitations and delimitations.

Background to the study

Oxford advance learners dictionary define drug as an illegal substance that some people smoke, inject etc to give them pleasant or exciting feelings.

Kenya scout magazine (Jan 2002) define drug as a chemical substance that causes changes in mind and / or body of the person using them. They can be legal or illegal or can be medical or non medical.

Drug abuse is the repeated non medical use of potentially addictive chemical and organic substances. It includes the use of chemical in excess of normally prescribed dosage and frequently and by routes of administration that intensifies or speeds up reactions.

Drug abuse and addiction has been a global problem of lately the world has been trying to curb this problem due to its detrimental effects on the social, health, economical and development of the world population.

In Kenya doctors and health workers have sounded an alert over the high alcohol and drug abuse especially by the youth.

A survey conducted by the NACADA showed that more than 2000 people were heroine addicts in Nairobi and Coast provinces of Kenya.

At the same time about 40% of Kenyans aged between 15 and 65 have used one type of alcoholic beverage or another and at least 13% of people from all provinces (except those from North Eastern) consume alcohol on a regular basis(Daily Nation Jan 13, 2009).

The above cited survey also established that 30.2% of young people in Kenya have tasted alcohol. It further established that by the age of 10, 14% of respondents admitted to have started taking alcohol and 40% admitted to have taken beer for the first time.. It further found out that those who had opted for traditional brews like changaa, busaa or mnazi made up 20% Of the study group.

The drug abuse and addiction is one of the major challenges facing the Kenyan youth's right from school level. The media has been in fore front in highlighting the challenges Education sector and the entire public has been experiencing as a result of drug abuse and addiction.

In Bondo District cases of usage of soft drugs among school children is not something strange. Even in some instances school children have been caught pushing drugs. Majority of the young people are exposed to drugs and its influence right from their early years. This is mostly experienced in rural setting areas of this district. Most of the low income families in these areas are engaged in selling of alcoholic beverages and other illegal drugs as a way of survival. In certain occasion children from such families are asked by their parents or guardians to assist in selling of the alcohol. At times they are left to run the business when the parent/guardian is away. We need to bear in mind that one step in the wrong direction prepares the way for another. Such children are deprived conducive environment for promotion of quality education.

During most of the social functions and other ceremonies conducted in the villages, alcoholic beverages are normally prepared and served without any restriction. Through such avenue children find themselves in the habit of taking alcohol.

The problem of drug abuse and addiction among school children has generated concern from all the educational stakeholders i.e. parents, teachers, government and the entire public.

Statement of the Problem

1.1 There has been an outcry right from the teaching fraternity and the society at large, expressing the difficulty they encounter in dealing with children who have problems of drugs and alcohol.

This menace of drug abuse has seriously affected the Education Sector. Most of school shortcoming and other related vices such as inconsistency in attendance, indiscipline, poor performance; have been cited to a certain degree as a result of drug abuse by students.

The researcher therefore intended to investigate the effects of drug abuse on academic performance of students at Bondo teachers training college so as to get deeper information regarding this issue and offer recommendations pertaining to this study topic.

Objectives of the study

Based on the problem stated above, the purpose of this study was to examine the effects of drugs abuse on academic performance of students at Bondo Teachers Training College, Bondo District, Nyanza Province.

The study was also supposed to seek solutions or ways of preventing drug abuse among College students so as to succeed in providing quality education for all.

General Objective

Examine the effects of drug abuse on academic performance of students at Bondo Teachers training college, Bondo district , Nyanza Province. The study was also supposed to identify the influencing factors to drug abuse among primary pupils and seek solutions or ways of preventing drug abuse among primary pupils so as to succeed in providing quality education for all.

Specific Objectives

- a) To investigate the effects of drug abuse on academic performance of students at Bondo teachers college, Bondo district, Nyanza Province.
- b) To identify the influencing factors to drug abuse among primary pupils in Nyamninia zone.

(c) To investigate the possible solution in curbing the problem of drug abuse among College students.

1.4 Research Questions

- (a) What are the effects of drug abuse on academic performance of students at Bondo teachers training college?
- (b) What are the influencing factors of drug abuse among the students at Bondo teachers training college?
- (c) What are the possible solutions in curbing the problem of drug abuse among college students?

Scope of the Study

This research study was conducted in Bondo teachers training college, Bondo district, Nyanza Province, Kenya. The researcher tried to investigate the relationship between drug abuse and academic performance of students at Bondo teachers training college. This study investigated how drugs abuse affects academic performance of college students. The government, media and the school was critically analyzed on their roles and contribution towards the problem of drug abuse in college students. The research explored the factors that influence students into drug and substance abuse and the possible solutions in curbing the problem of drug abuse.

Significance of the Study

The study will enable the education stakeholders, community, teachers, government and pupils to make informed choices and adopt preventive strategies of drug abuse thus promoting drug addict free environment.

The study will equip all the concerned parties with relevant knowledge on how to identify outward signs of drug addiction. Such knowledge would enable them to take quick action in rescuing the situation before it worsens.

The school as a social institution plays a very vital role in character building and refinement of student's personality. Thus through this study the school was in a better

position in instilling principles of highest value. Above all it will act as an awareness instrument and sensitization agent.

The study will enable teachers to take necessary measures in curbing drug abuse among college students. The tutor's position as guide is most responsible, for to them is given the work of molding mind and character. For them to undertake this task successfully they should possess well balanced, symmetrical characters. Therefore the study will challenge the tutor's in refining their character, manners and all their habits that they may win students confidence and respect.

This study will also enable teachers and education planners to evaluate and monitor student's progress in their learning. They will be able to identify factors that affect student's academic performance.

The study will enable all the concerned parties to access all necessary information on the intervention measures on drug abuse.

Above all this study will enable the government to assess and evaluate the impact of drug abuse on performance of students. The study proposed the steps to be taken by the government in creating drug abuse free environment in colleges.

Limitations of the Study

(a) **Finance:** Some of the difficulties that were encountered during the research study was inadequate funds. This exercise involved a lot of financial expenses. This included preparation of questionnaires, report production expenses and transport expenses in reaching respondents.

(b) **Filtering information:** Some respondents may have decided to hide some information. This may be as a result of suspicious or feeling insecure if they revealed real information. This may not give a clear picture on the topic under study.

(c) **Lack of library facility** within the zone was a big setback to the study.

1.5 Delimitation of the Study

(a) The research was delimited to the zone as a result of accessibility to the subjects and

schools. Getting in touch with the subject and college was convenient as the distance around the college was manageable and also the road network was relatively good.

(b) Language: This did not brought serious difficulties as the research was conversant with the commonly used language in the college that was Dholuo, Kiswahili and English.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.0 Introduction

This chapter looks at review of literature related to the study topic or other document information.

Oxford Advance Learners Dictionary define drug as an illegal substance that some People smoke, inject e.t.c to give them pleasant or exciting feeling.

D.N Marshall et al (1983) perceive drug as any substance which brings about a chemical change in the functioning organs of the body and he further argue that on the basis of this definition alcohol should be classed as a drug.

According to Julian Melgosa (1997) drug is any substance which alter the organic function and the behavior of those who take them.

Kenya Scout Magazine (2002) define drug as a chemical substance that causes changes in the mind and/ or body of the person using them. They can be legal or illegal, or can be medical or non-medical. Thus drug abuse is the repeated non-medical use of potentially addictive chemical and organic substances (Kenya Scout Magazine 2002).

D.N Marshall (ibid) states that it is true that since alcohol is oxidized in the body , thereby supplying energy and perhaps to a very small extend allowing the organism to save its fat and protein , it can be regarded as a" fuel food" but its toxic and tissue destroying properties by far exceed its slight fuel value.

The word alcohol probably has its origin in Arabic, meaning a fine dust or 'essence'. Alcohol has very valuable antiseptic properties and when used outside the body is a very useful chemical. Alcohol beverages are produced either by fermentation or by distillation. Advertisement have made majority of people to believe or assume that alcohol is a stimulant. But scientific findings and research has proved this to be totally in correct, as it is actually a narcotic, a depressive drug of habituation.

History about drugs

Since the earliest days of man various plants and crude chemicals have been used to treat illness. For instance the foxglove was found to help certain types of heart diseases and the juice of the poppy pod to relieve pain and have a tranquillizing effect. Highly refined extracts of these plants are still used today as Dioxins and morphine.

Many useful drugs have side effect and if these give pleasurable sensation or affect the mind there is a danger of misuse which can damage the human body, morphine is such an example.

Opium and Alcohol

The history of alcohol can be traced right from the early history and even in the Bible.

In the Bible Noah is spoken of as planting a vineyard, drinking wine and becoming drunk.

In the middle Ages the Arabs introduced distillation into Europe and alcohol was hailed as the elixir of life. Apart from its sedative effect it was used as a pain killer and anesthetic.

Opium too has a history of thousands of years. Early writers thought of it as a remedy given by Almighty God to relieve suffering. It was not until the 19th century when it was used in the American civil war to relieve pain, that its addicting qualities became fully known.

Cocaine was substitute and stimulant but again it proved dangerous. It had been used by South American Indians as a stimulant and 'cure' for hunger for centuries.

Industrial Revolution brought about a change from small scale alchemy to chemistry on a large scale with the synthesis of organic chemical and drugs. Coal provided the raw material for many of these.

Nitrous oxide was prepared by a chemist Joseph Priestley, in 1776. Late Humphrey Davy noted its intoxicant and anesthetic properties when he had toothache. Bromides were used for all sorts of conditions from epilepsy to mania. It was soon found that toxic reactions ensued and confusion of the mind resulted.

Chloral Hydrate was introduced in 1869 first as a possible anesthetic but as a sedative.

Barbiturates came along about the turn of the century .At first they were hailed as the answer to insomnia among other things but it was soon apparent that patients became dependent and could not manage without them. Today safer drugs are usually used.

Amphetamines were synthesized in the 1920s to combat fatigue. They were used during the last war for this purpose. In the early 1950s safer sedatives were sought. These were termed tranquillizers. Among the most popular of these is Diazepam and Valium.

The Standard Newspaper of June 26, 2009, published an article by Reuters quoting US president Barack Obama admitting that he was among the nearly 90 per cent of smokers who took up the habit before their 18th birthday.

According to The Kenya Scout Magazine (2002) the most commonly abused drugs in Kenya by the teenagers is tobacco, bhang or marijuana, heroine, khat or miraa, alcohol, glue and heroine.

Daily Nation Newspaper of January 13, 2009, published a research findings conducted by NACADA in Kenya that established that alcohol, tobacco and bhang are the most abused substances by people aged 15 to 65years followed by cocaine, heroin and hashish.

Effects of Drugs upon the Body and Academic Performance

D.N. Marshall et al (1983)states that alcohol has profound effects on the body and it differs from other beverages in that it does not remain in the stomach for any length of time. Some is absorbed through the walls of the stomach, into the blood stream and as soon as that happen the drinker feels the effect .Alcohol which has not been absorbed passes into the small intestine and is circulated throughout the body and into the blood stream. Thus when alcohol enters the body, it is soon carried to the brain. It further argues that alcohol being a narcotic drug it has the same effect upon the central nervous system as morphine and anesthetic. It first affects the frontal lobes or upper brain – the site of man's higher faculties, judgment, self control, reason and reaction time.

D. N Marshall (ibid) quotes that seventy or eight per cent of all crimes in Britain are considered to be committed under the influence of alcohol. It further states that because alcohol acts on brain as an anesthetic, there is interference with normal brain activity.

Thus under this condition, the best features of man are lost first, and his worst features brought out.

Dr. Julian Melgosa (1997) highlights some common dangers brought by drugs as:

Drugs create addiction and as a result of this the user was deprived of their freedom.

Drugs attack the brain /the center of all vital functions. Regular use the drug causes a brain injury producing alteration which at times is irreversible.

Drugs causes' physical dependency and psychological dependency .The drug addict who stops taking the substance or reduces the dose suffer from withdrawal symptoms for instance general weakness and social problems which arise as a result of impatience, intolerance and irate aggressive moods.

Drugs affect specific organs for example alcohol attack the liver and the heart ,the smoke and tar from tobacco damage the lungs, opium derivatives- heroin, morphine ,methadone affect the brain considerably.

Drugs make the organism develop tolerance, when a harmful substance is introduced into the human body it reacts by trying to eliminate it. At the same time it prepares itself to tolerate it. This means that the drug user, in order to get the desired effects, needs a larger dose each time. Logically the organic balance is broken when the dose is excessive and this produces very serious symptoms even causing death in some cases.

An article published in the Kenya daily newspaper -The Standard of June 29, 2009, cited that drugs became part of the lives of the world music celebrities that is the late Elvis Presley and Michael Jackson. It quoted that Presley eventually became addicted to prescription drugs and died of a heart attack at an early age of 45 years that may have been triggered by polypharmacy. Michael Jackson who died on June 26, 2009, at age 51 years is said to have resorted to pain killers while defending himself against pedophilia charges and at times cancelled his tours to go into rehab. Report attributed to close family indicates the suspected cardiac arrest was a result of an over dose of pain killers.

An article written by Grace Kithaka in The Daily Nation of September 7, 2005, on drugs addiction, quotes national co-coordinator of the NACADA Mr. Joseph Kaguthi stating that the effect of drug abuse is felt by everyone around the drug abuser. Financially, the addicts end up selling things from the house and emotionally the family feels stigmatized. He further argues that stealing and drug abuse go hand in hand. Stress that addicts steal because they have to survive. They also tend to turn to breaking law through petty crimes, damage of property and people.

According to Daily Nation of May 19, 2009, the year 2008 more than three hundred schools in Kenya were affected by the wave of riots. These riots resulted in death of one student and destruction of property worth million of shillings. Among the cited factors contributing to indiscipline during the 2008 unrest in schools in Kenya was drug abuse.

According to The Standard of June 26, 2009, nearly 20 per cent of Americans smoke and tobacco use kills about 440,000 people a year in U.S.A due to cancer, heart disease, emphysema and ailments.

Alcohol drinking bring about short term impairment and long term to the individual and may lead to violence, physical disorder, ulcers, poor concentration and defective memory. Malnutrition due to vitamin deficiency and other disease inadequacies may result in psychosis whose outstanding affect memory defect (NACADA <file:///F:/Drugs/Alcohol.htm>)

Thus when trying to critically analyze all these effects in relation to the child academic performance then it is likely to find out that the child performance can be affected when the child get hook in alcohol drinking and its addiction. This is more especially when you consider the alcohol drinking effects that may lead to poor concentration, defective memory and its immediate effect upon the central nervous system.

There is a source of concern of the regular use of bhang by children and adolescents because the intoxication markedly alters thinking affecting learning. Its use may make one suffer illusions and hallucinations, difficulty in relating events in the immediate past, slow thinking and reduce attention span, depersonalization, euphoria, depression, lack of sleep, difficulty in making accurate self evaluation, of inhibition, loss of judgment, mental and physical effects. Heavy use over along period of time cause permanent

damage on brain. It has been found, for instance, that the brain of the users of cannabis reduces in size. The loss in brain size comparable to that normally found in people seventy years old (NACADA [file:///F:/Drugs/Alcohol .htm](file:///F:/Drugs/Alcohol.htm))

Influencing Factors into drug abuse

Factors that are associated with greater potential for drug use are called risk factors. Before schools and other education stakeholders can develop their alcohol and other drug prevention programs, they first must understand the risk factors associated with alcohol and other drug use.

Susan et al (2001) perceive that these risk factors should be interpreted like risk factor heart disease. That is, if a child or family has one of these risk factors, the child's chances of developing a problem with alcohol or other drug use increases. However having one of these risk factors does not guarantee a child become a drug abuser; only the risk is increased. They further point out that the risk factors can be categorized into: school, individual / peer, family and community risk factors.

2.2.1 School Risk Factors

Early Antisocial Behavior and Hyperactivity: A constant relationship has been found between adolescent drug abuse and male aggressiveness in kindergarten through second grade. The risk is especially significant when this aggressiveness is coupled with shyness and withdrawal. Hyperactivity, inattentiveness, impulsiveness are also characteristics of early antisocial behavior. Whatever the cause for the antisocial behavior and hyperactivity, students who exhibit these behaviors have an increased risk of abusing drugs as they get older.

Academic Failure: Susan et al (ibid) point it out that there is an increased risk for adolescent drug abuse when a child receives low or failing grades in fourth, fifth, and sixth grades. Poor school performance increases the likelihood of an early start of substance use as well as an increase in subsequent use. Academic failure can have many causes, including lack of parental support, boredom, learning disability, or a poor relationship between the student and the teacher. Whatever the cause students who have

poor performance are more likely to turn to drugs than those students who succeed in school.

Little Commitment to School: Students who are not committed to education are more likely to engage in drug abuse. Susan (ibid) stress that regardless of the reason ,students in grade 4 through 7 who lose interest in school have a greater risk getting into trouble with drugs. By way of confirmation students who expect to attend college have significant lower usage of 'strong' drugs.

Ambiguous, Lax, or Inconsistent Rules and Sanctions Regarding Drug Use and Student Conduct: Ambiguous messages in the school climate concerning alcohol and other drug use increase the risk of use by students.

2.2.2 Individual / Peer Risk Factors:

Alienation, Rebelliousness, Lack of Social Bonding: According to Susan (2001) student who do not adhere to the dominant values of society and who have a low religious affiliation tend to be at higher risk for drug abuse than students who are bonded to societal institutions of family, school, and church. She further state that students who rebel against authority, particularly parents and school officials, are also at risk for substance abuse.

Antisocial Behavior in Early Adolescence: This risk behavior includes a wide variety of antisocial behaviors, including school misbehavior and a low sense of social responsibility. Fighting, skipping school and general aggressiveness have been shown to be related to drug abuse. A consistent pattern of inappropriate classroom behaviors, including 'acting-out' behaviors, are related to increased abuse of alcohol and other drugs.

Friends Who Use Drugs: In the opinion of Susan (2001) association with drug- using friends during adolescent is among the strongest prediction of adolescent drug use. She argues that associating with friends who are involved in drug use operates independently

of other risk factors. The evidence is clear that friends, rather than strangers, influence children to experiment with and continue to use drugs. This means that even children who grow up without other risk factors, but who associate with children who use drugs, are at an increased risk for drug abuse.

Favorable Attitudes toward Drug Use: Specific favorable attitudes toward drug use are a risk factor for initiation of use. Having negative attitudes toward the use of alcohol or other drugs inhibits initiation. When children are in elementary school they may carry strong, adult-supported feelings against drugs, but by the time they reach middle school, many have developed more favorable attitudes. This shift in attitude often comes just before children begin to experiment with tobacco, alcohol and other drugs.

Early First Use of Drugs: Abusers of alcohol and other drugs tend to begin drinking at early age. Generally students begin using 'gateway' drugs (tobacco and alcohol) and then progress to illegal drugs. Early initiation into drug use increases the risk of extensive and persistent involvement in the use of other dangerous drugs. Susan (2001) perceive that children who begin to use tobacco, alcohol or other drugs before age 15 are twice as likely to develop problems with drugs as are children who wait until they are older. Delaying first use until children are age 19 or older dramatically decreases the risk for subsequent abuse.

2.2.3 Family Risk Factors

Family History of Alcoholism: Well documented research continues to demonstrate a link between family drinking problems and adolescent alcohol and other drug abuse. Boys, in particular have a high risk of abusing alcohol when they have alcoholic fathers. Alcoholics are more likely to have a history of parental or sibling alcoholism. In fact, 50% of today's alcoholics are the children of alcoholics.

Family Management Problems: Family management problems have been a consistent predictor of adolescent alcohol and other drug abuse. These problems includes poorly defined rules for behavior, poor monitoring of children's behavior, inconsistent

consequences for breaking rules, excessively severe discipline , negative communication patterns including criticism and absence of praise.

Parental Drug Use and Positive Attitudes Toward Use : Research not only confirms that child behavior are related to family alcohol addiction, but that there is an increase risk that children will initiate drug use when their parents are users of alcohol and other drugs. If the parents involves their children in drug use , such as asking them to get a beer from the refrigerator , to light their cigarette , or to mix them a drink , the likelihood that the children will use drugs increases.

Ambiguous, Lax, or Inconsistent Rules and Sanctions Regarding Alcohol and Other Drugs Use: Ambiguous messages in the family concerning alcohol and other drug use increases the risk of use by students.

Low Expectations of a Child's Success: Children whose parents have low expectations for them have a greater chance of drug use. It is important for parents to have high and realistic expectations for their children.

2.2.4 Community Risk Factors

Economic and Social Deprivation: Children from families who experiences social isolation, extreme poverty and poor living conditions are at elevated risk of delinquency. When poverty is extreme and accompanies childhood behavior problems, there is an increase risk for drug problems and alcoholism.

Transitions and Mobility: Transitions such as residential moves and the move from elementary to middle school are associated with increase rates of drug use and abuse.

Community Laws and Norms Favorable toward Drug Use: Communities with laws those are favorable to drug use, such as low taxes on alcohol, have higher rates of alcohol consumption and alcohol related traffic fatalities. In addition, the availability of tobacco, alcohol and other drugs is associated with higher rates of use. Greater availability drugs

in schools, combined with inadequate policies against alcohol and other drug use, lead to a higher use of drugs among students.

Julian Melgosa (1997) argue that the most commonly abused drugs by adolescents of both sexes are; tobacco, alcohol and hashish. She states that over one third of adolescents fall into victim of these drug abuse. This is particularly obvious on weekends in bars, dances, or at parties in private homes. In these environments, tobacco and alcohol are the legal drugs which have the greatest circulation among adolescents. She further argues that alcohol is also a widespread drug among the adolescents due to its social approval and popularity.

According to The Kenya Scout Magazine (2002) the reasons why people abuse drugs include: break down of traditional values and norms, media glorification of drugs and drug users, urbanization, curiosity, peer pressure, one may want to feel good, affluence and if one want to escape sad feelings or forget problems.

2.3 Possible Solutions in Curbing Drug Abuse Among Primary Pupils

According to Susan (2001) when developing a successful drug prevention program, it is necessary to direct specific activities at preventing risk factors for child and adolescent drug abuse. She further states that successful drug prevention program must contain the following three components: (i) school, (ii) family, (iii) community.

The following three protective or resiliency factors also are essential to include throughout each of the components: caring and supportive relationships, high expectations for appropriate choices and behaviors, and the availability of a variety of opportunities to participate and contribute in meaningful ways.

2.3.1 Education:

The education sector needs to adopt comprehensive drug prevention curriculum. This curriculum should contain the following components: personal and social skills training (peer resistance, decision making e.t.c).Curriculum should contain materials that are easy for teachers to implement and are culturally relevant for students.

There should be continuous staff development programs in drug prevention so that teachers are skilled at teaching in this content area.

Schools to develop new student transition programs to help students entering a new class feel connected to other students and teachers. Teachers who teach transitional classes should focus more attention on drug prevention. In addition, if a child enters a class during the middle of the year, teachers should make sure that he or she has positive support from classmates.

The school curriculum should provide for drug free alternatives and activities for students that is clubs, intramural sports, after-school enrichment programs and so on.

2.3.2 Family

Parents should set clear rules and follow consistent consequences regarding alcohol and other drug use. Research has shown that the more parents talk to their children about their expectations regarding alcohol and other drug use, the less likely they become involved with drugs.

Parents should create open lines of communication with their children.

Parents should spend quality time with their children (e.g. eating meals together, helping with home work, reading books together e.t.c)

Parents should encourage religious affiliation. Children who attend church on regular basis are at lower risk for alcohol and other drug abuse.

Families should participate in rituals and traditions.

Parents should express clear and challenging expectations for their children.

2.3.3 Community

Community should establish a drug prevention task force. This task force should be charged with overseeing all community- based drug prevention efforts.

Communities should provide drug free alternatives and activities for youth (Boys and Girls clubs, recreation programs e.t.c.).

Youths should be encouraged to volunteer and participate in community service projects.

Communities should work with the media to provide public service announcements on the dangers of the use of alcohol and other drugs.

Communities should work on making access to alcohol and other drugs difficult.

The entire globe has been concerned on the rise of the drug abuse among the children. This has made the whole world to show its commitment in trying to curb this menace of drug abuse among children by passing legislation that protects the children from drug abuse. The United Nations Assembly adopted resolutions on the Convention on the Rights of the Child in September 2, 1990. In this legislation it guarantees the protection of children from drug abuse in article thirty three (33). Also the Organization of African Unity adopted resolution of African Charter on the Rights and welfare of the child. Article twenty eight (28) of this legislation also guarantees the protection of children against drug abuse.

June 26 was chosen as the international Day against Drug Abuse and illicit Trafficking (IDADA). This was instituted by the UN General Assembly resolution 42/112 of December 1987. The aim of observing this day was to help create an international society free of drug abuse. This resolution was further bolstered by the 1998 UN General Assembly political declaration on the global drug problem. This date was chosen to commemorate Lin Zexu's dismantling of the opium trade in Hume, Guangdong, just before the opium war.

Individual states can also play a leading role in fighting this menace of drug and substance abuse by showing their commitments through enacting tough laws regarding alcohol and other drug use. For instance:

The U.S legislation passed tough new rules for the tobacco industry in the 3rd week of June 2009. This new law gives the U.S Food and Drug Administration power to limit the manufacturing and marketing of tobacco products. They have taken this bold move in order to save children from indulging in the habit of smoking at an early age (The Standard of June 26, 2009).

CHAPTER THREE METHODOLOGY

3.0 Chapter Overview

This section of the research study describes the procedures that were followed in conducting the study.

In this chapter the researcher clearly shows the methods he used in carrying out the research study.

3.1 Research Design

In this research study the researcher applied descriptive research design. The researcher used both qualitative and quantitative design.

Through the qualitative descriptive design the researcher was able to record events through first hand information. This was realized by the use of questionnaires.

The researcher prepared written questionnaires which were issued to the target population.

The questions in the questionnaires were in closed ended forms.

Through quantitative descriptive design the researcher was able to describe the events through second hand information. The researcher got the required information by reading newspapers, magazines, journals, books and even internet.

3.2 Research environment

This research study was conducted at Bondo teachers training college, Bondo district, Nyanza province, Kenya.

3.3 Population or Research Subjects

The researcher used the students, teachers and some parents as the respondents in this research study. These respondents were required to share their thoughts, feelings and experiences on the topic of study.

3.4 Sample size

The researcher engaged eighty (80) respondents in this research study. Out of the eight (8) selected schools, the researcher interviewed twenty (20) students, five (5) teachers and three (3) parents in the school.

3.4.1 Sampling Procedure /Techniques

The researcher used both simple random procedure and purposively random procedure. In selecting the college the simple random procedure was employed. The students and teachers in college were purposely selected to participate in the research study. The parents who participated in this research study were selected through simple random procedure.

3.5 Research Instruments

3.5.1 Questionnaire

In this study the researcher used the questionnaires as his main tool of the research study. The questionnaires were administered to the learners and teachers personally by the researcher.

The questionnaires had two specific sections namely: general information and specific information.

The specific information section was simple and had clearly targeted questions that required respondents to tick appropriate responses.

The questions in the questionnaires were closed-ended questions.

3.5.2 Interviews

The researcher used interview guides in getting information from the parents. This was to enable the researcher get direct and immediate feedback from the interviewees.

3.6 Research Procedure

After the approval of the proposal the researcher obtained an introductory letter from the Head of Department, Faculty of Education Kampala International University. The

researcher the researcher also got permission from the senior principle of Bondo teachers training college Ms Anjelica Ouya .

3.7 Data Analysis

The researcher edited the data collected and then coded the data by categorizing it in meaningful way to ease tabulation and analysis. Data collected was analyzed using tables and bar graphs.

CHAPTER FOUR

PRESENTATION AND INTERPRETATION OF DATA

4.0 Chapter Overview

This chapter highlights the analysis of the data collected from the respondents through questionnaires and interview guides.

It provides an overall account of how the report was compiled and the method of research.

This research study was to investigate the effects of drug abuse on academic performance of students at Bondo teachers training college, Bondo district, Nyanza province.

4.1 Data Description

The study was based on data collected from questionnaires and interview guides answered by 32 students, 24 teachers and 24 parents of the eight (8) schools in the zone. Table 4.1 shows the response rate in percentage of the sample planned and the actual response.

Table 4.1 Response Rate

Respondents	Sample Planned	Actual Response	Response Rate
Students	32	32	100%
Teachers	24	24	100%
Parents	24	24	100%
Total	80	80	100%

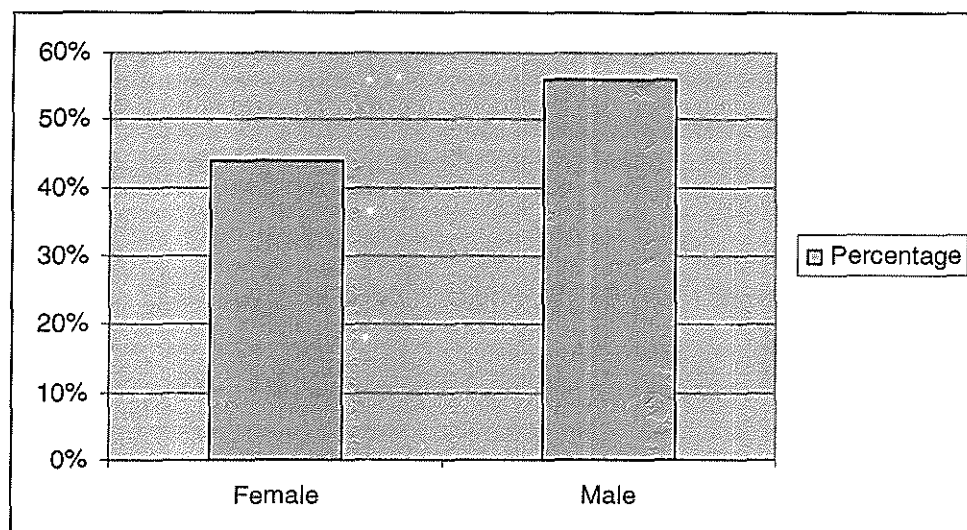
Table 4.1 shows that the response rate for the respondents was very good 100%. This shows that all the respondents participated in the research as planned.

4.1.1 Respondents Profile

Table 4.2 Gender

Responses	Frequency	Percentage
Female	35	44%
Male	45	56%
Total	80	100%

Bar graph

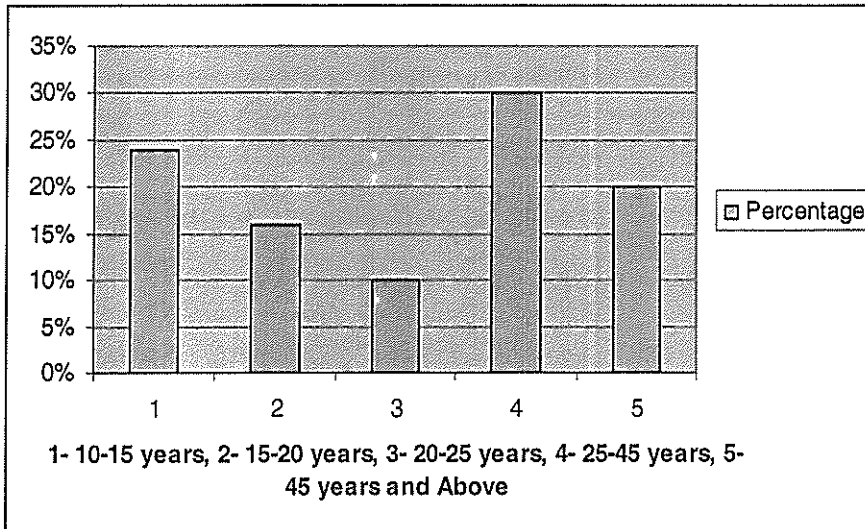


The above data shows that the number of male respondents was slightly higher than of female respondents. Thus it shows that the study was dominated by male respondents.

Table 4.3 Ages

Responses	Frequency	Percentage
10 – 15 years	00	00%
15 – 20 years	20	25%
20 – 25 years	20	25%
25 – 45 years	24	30%
45 and Above	16	20%
Total	80	100%

Bar Graph

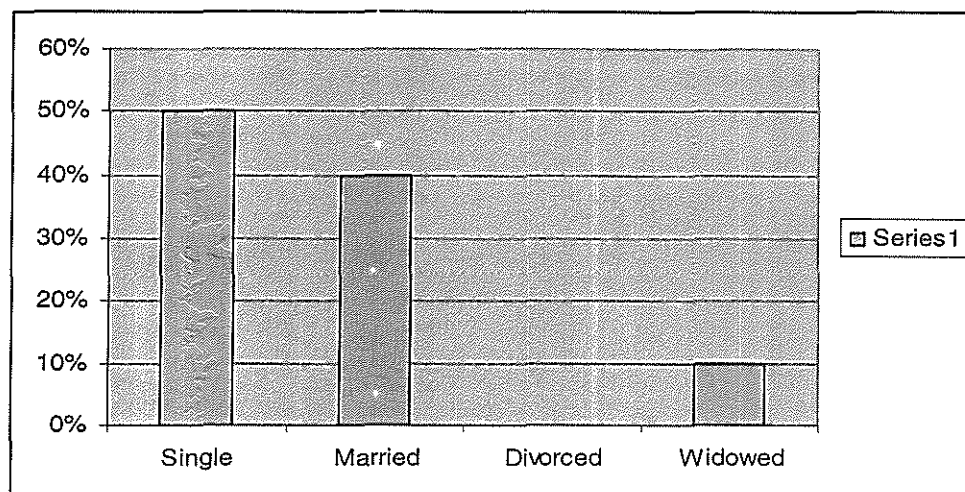


The above data shows that most of the respondents were below age 45.

Table 4.4 Marital Status

Responses	Frequency	Percentage
Single	40	50%
Married	32	40%
Divorced	0	0%
Widowed	8	10%
Total	80	100%

Bar Graph

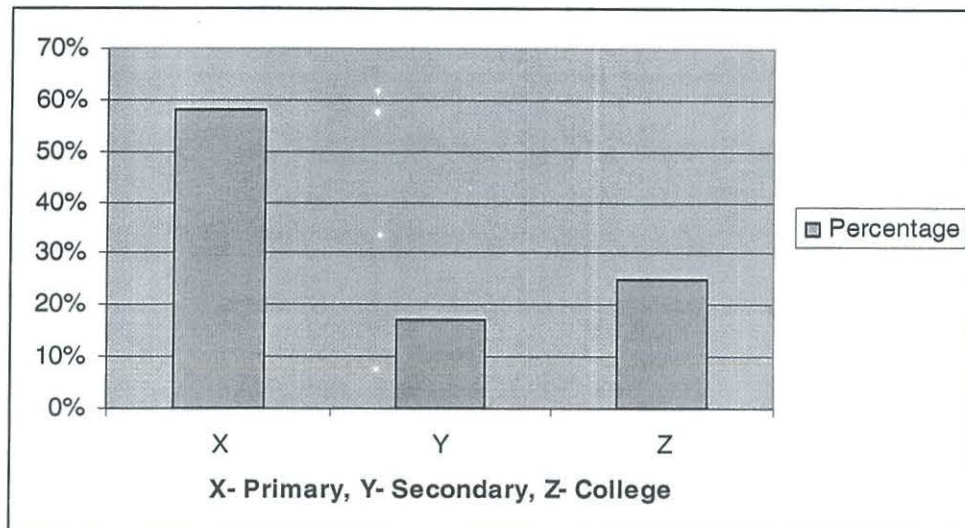


According to this analysis majority of the respondents are single (50%) then closely followed by the married while widowed are few.

Table 4.5 Educational Level

Responses	Frequency	Percentage
Primary	46	58%
Secondary	14	17%
College	20	25%
Total	80	100%

Bar Graph



The above data shows that majority of the respondents are of primary level of education i.e. 58%.

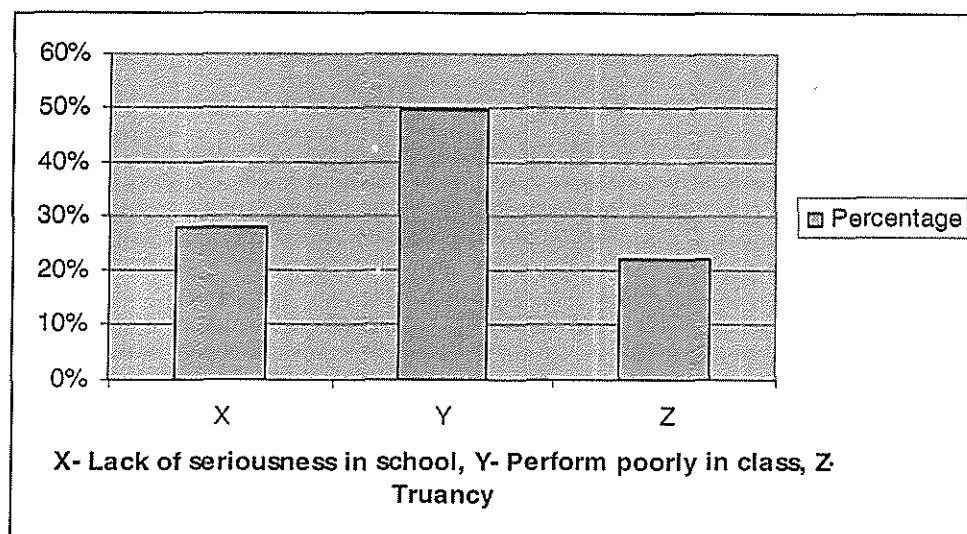
4.2 Effects of Drug Abuse on Academic Performance

Drug abuse has a number of effects on an individual that is physically, emotionally and even mentally. The researcher administered questionnaires to students and teachers; and used interview guides on parents to find their responses on the effects of drug abuse on academic performance of the students using them. The findings are summarized below:

Table 4.6 Students response on effects of drug abuse on academic performance

Responses	Frequency	Percentage
Lack of seriousness in school	9	28%
Perform poorly in class	16	50%
Truancy	7	22%
Total	32	100%

Bar Graph

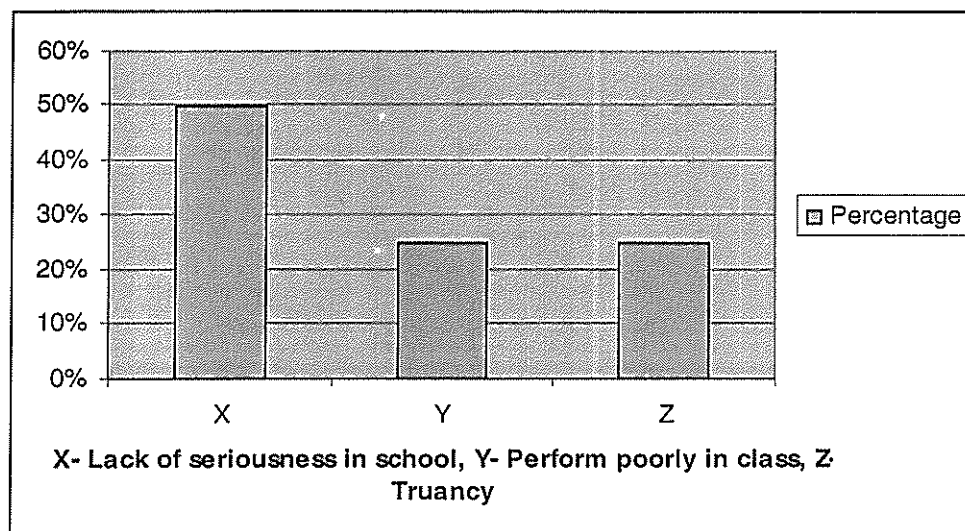


According to the above data majority of the pupils agreed that pupils who use drugs perform poorly in class. 50% of the respondents cited poor class performance as the main influence of drug abuse on students.

Table 4.7 Teachers response on the effects of drug abuse on academic performance

Response	Frequency	Percentage
Lack of seriousness in school	12	50%
Perform poorly in class	6	25%
Truancy	6	25%
Total	24	100%

Bar Graph

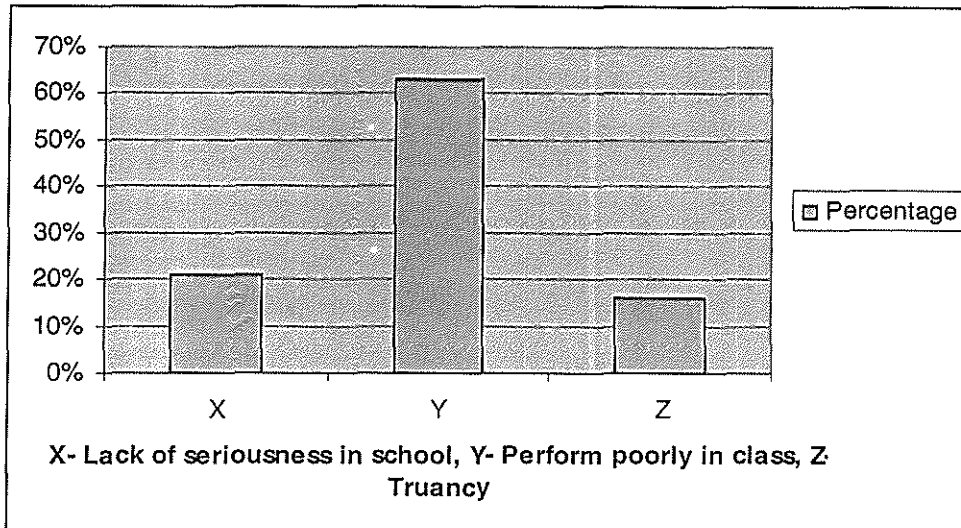


According to this analysis majority of the teachers' lack of seriousness in school as a main effect of drug abuse on college students i.e. 50%. Also poor class performance and truancy were identified as a result of drug abuse by pupils; they both recorded 25% response from the respondents

Table 4.8 Parents response on the effect of drug abuse on academic performance of students

Response	Frequency	Percentage
Lack of seriousness in school	5	21%
Perform poorly in class	15	63%
Truancy	4	16%
Total	24	100%

Bar Graph



The above data shows that the parents who participated in the research identified poor class performance as the main effect of drug abuse on students' i.e. 63%

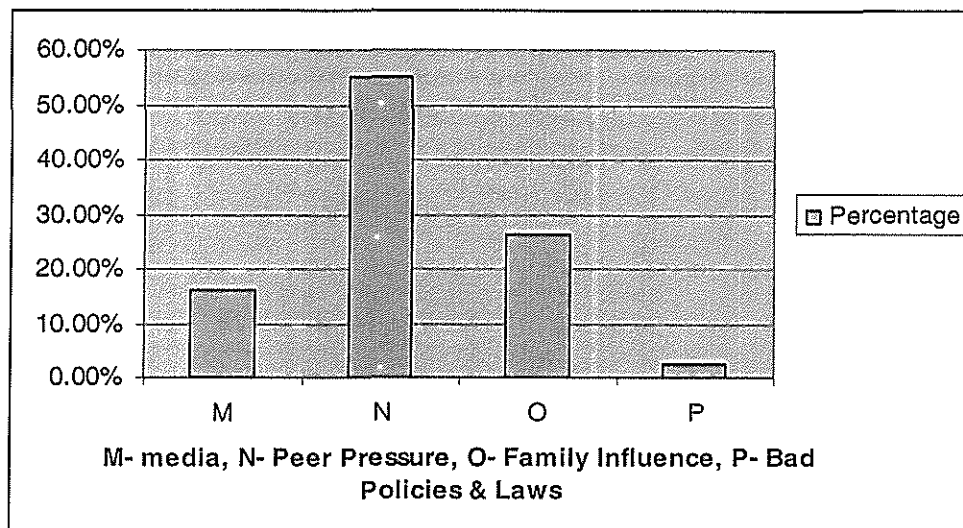
4.3 Influencing factors to drug abuse

The researcher wanted to get the views of the students, teachers and parents on the main influencing factors to drug abuse by primary students. The responses of the respondents are summarized in table 4.7.

Table 4.9 Influencing factors to drug abuse by college students

Responses	Frequency	Percentage
Media	13	16.25%
Peer Pressure	44	55.00%
Family Influence	21	26.25%
Bad Policies & laws	2	2.50%
Total	80	100%

Bar Graph

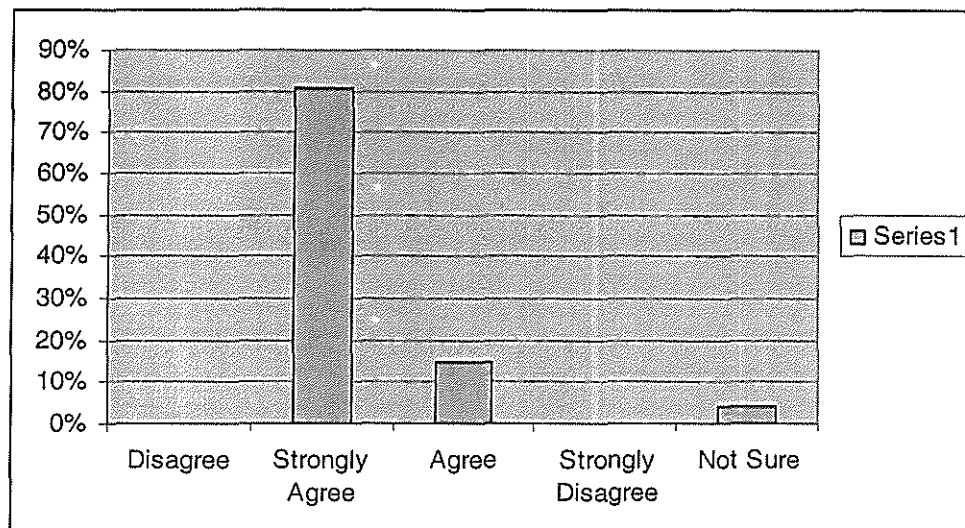


According to the above data, the main influencing factor to drug abuse by college students is peer pressure i.e. 55%. It also shows that family influence is among the main influencing factors to drug abuse by college students (26.25%).

Table 4.10 Respondents response on possible solutions in curbing drug abuse

Responses	Frequency	Percentage
Disagree	0	0%
Strongly Agree	65	81%
Agree	12	15%
Strongly Disagree	0	0%
Not Sure	3	4%
Total	80	100%

Bar Graph



According to the data above majority of the respondents represented by 96% agreed that the listed measures if put in place can help in curbing the problem of drug and substance abuse among college students. Only 4% of the respondents were not certain if the listed measures could assist in fighting the problem of drug abuse among college students.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This chapter shows the summary of major findings, conclusion and recommendations.

5.1 Summary of Major Findings

The main objectives of this study was to investigate the effects of drug abuse on academic performance of students at Bondo teachers training college, identify the influencing factors to drug abuse among college students and investigate the possible solutions in curbing the problem of drug abuse among college students.

5.1.1 Effect of drug abuse on academic performance

According to this study it was established that drug abuse affect the performance of students in college. Poor class performance was cited as the main effect of drug abuse on students; 50% students' respondents and 63% parents' respondents cited poor class performance as the immediate effect of drug abuse on pupils' academic performance.

The teachers cited lack of seriousness in school as the main effect of drug abuse (50%). The teachers argued that once the pupils get involved into drug abuse they start to lose interest in school /education. This lack of interest in school will make the pupil not study hard, lack the desire to work hard so that s/he may excel in academic endeavor, never take the assignments given seriously and also his/her school attendance will not be regular. Therefore all these factors will lead to the pupil poor class performance.

5.1.2 Influencing Factors to drug abuse

It was discovered in this study that peer pressure was the main influencing factor to drug abuse among college students. 55% of the respondents cited it as the leading influencing factor into drug abuse.

The researcher found out that family influence may lead pupils into using drugs and substance abuse. Most of the respondents said that majority of the students who abuse drugs and substances come from families that the parent/s or other siblings use drugs such alcohol. It was also noted that children coming from homes that brew traditional liquors; such children are prone to taking those liquors.

5.1.3 Possible Solutions in Curbing Drug and Substance Abuse

It was established that if there is intensive sensitization on effects of drug abuse, teacher training on prevention skills, teaching of Life Skill Education in schools and the passing of clear no-use policy of drugs by pupils through the government legislations then the problem of drug and substance abuse among college students may be counteracted.

5.2 Conclusions

Basing on the findings of this study, it is concluded that drug and substance abuse affect negatively the academic performance of the students who are involved in it.

The researcher concludes that the lack of seriousness in school by the pupils using drugs is the effect of drug abuse that leads to the rise of other negative effects which finally leads to the poor academic performance of the students using drugs.

It is further concluded that peer pressure among the pupils is the leading influencing factor in to drug and substance abuse.

5.3 Recommendations

The researcher feels that if the following recommendations are considered, then the problem of drug and substance abuse in colleges may be counteracted.

The government through ministry of Education should organize workshops and seminars for teachers on drug prevention so that they gain more skills in teaching how students can resist peer pressure into drug abuse.

Government should pass a clear no- use policy of drugs and substance by school going students. Harsh penalty to be put in place for those found selling drugs or any alcohol to school or college going students.

College students life skill Education and take it seriously just as other examinable subjects taught in college. Through the life skill lessons the students would be able to learn resistance skills and being assertive.

Parents should be sensitized on the effects of drug abuse on academic performance of pupils. During P.T.A meetings parents to be advised on how to promote drug free environment in their homes and ways of opening lines of communication with their children.

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THE EAST AFRICAN STANDARD June 29, 2009

SECTION A

Please put a tick (☐) in the box next to the right response.

1. What is your position in college? students [] Teacher []
2. Gender: Female [] Male []
3. Age: 10 – 15 years [] 15 – 20 years [] 20 -25 years []
25 – 45 years [] 45 years and above []
4. Marital Status: Single [] Married []
Divorced [] Widowed []
5. Educational Level: Primary [] Secondary [] College []

1. Effects of the drug on students academic performance

(a) Do the students who use drugs and substance take their education serious?

Yes [] No []

(b) How can your rate the class performance of students using drugs and substance? Good [] Fair [] Poor []

(c) How can you rate the school attendance of the students using drugs and substances? Very Good [] Good [] Fair [] Very Poor []

2. Which factor can you rate as the main influence to college students into drugs and substance abuse?

Media [] Peer Pressure []

Family Influence [] Bad Policies & Law []

3. Do you think if the following actions can be taken, can it help in curbing this problem of drugs and substance abuse among college students?

(a) Intensive sensitization on the effects of drug abuse.

(b) Disagree [] Strongly Agree [] Agree [] Strongly Disagree [] Not sure []

(b) Teachers to be trained on prevention skills. Disagree [] Strongly Agree [] Agree [] Strongly Disagree [] Not sure []

(c) Teaching of Life Skill Education in schools. Disagree [] Strongly Agree [] Agree [] Strongly Disagree [] Not sure []

(d) Government to put more effort by passing a clear no-use policy of drugs by students.

Disagree [] Strongly Agree [] Agree []
Strongly Disagree [] Not sure []