

**THE RELATIONSHIP BETWEEN DRUG ABUSE AND BEHAVIOUR CHANGE
AMONG THE YOUTH IN MAKINDYE DIVISION KAMPALA DISTRICT
A CASE STUDY OF KATWE SLUM**

BY

APIYO BRENDA

BSW/40727/133/DU

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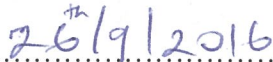
DECLARATION

I, Apiyo Brenda, to the best of my knowledge do hereby declare that all the information presented in this research proposal is original and true work based on my knowledge. This work has never been submitted either in part or full for publication or award of a degree in any other institution. I therefore present it for the award of a bachelor's degree in social work and social administration in Kampala international university.

Signature:



Date:



DEDICATION

I dedicate this research proposal to my beloved ones that is my parents Mr John D'buntu and Mrs Lillian D'buntu, my brothers and sisters, relatives and my supervisor Mr Okimait David for the courage, support morally and financially, advice and care they showed me towards my research.

ACKNOWLEDGEMENT

I give thanks to the almighty God for the gift of life, wisdom and guidance through this course, Special thanks goes to my supervisor for his patience and invaluable guidance at all levels of this work, without which this study would not have been completed, I wish to express my sincere appreciation to various individuals whose assistance has facilitated the success in my life. To begin with, I most sincerely thank my mother Mrs Lillian D'buntu and my Father Mr John D'buntu, whose ethical and good morals kept me going. I wish to appreciate my sisters, brothers who provided support and advise, I also want to thank my university lecturers for the efficiency with which preceded my studies and all my class members who always involved in group discussions. May the almighty God bless the work of the above people abundantly.

APPROVAL

This is to certify that this research proposal has never been prepared under any supervision and submitted for examination with my approval as a university supervisor.

MR .OKIMAIT DAVID

Signature.....

Date:.....



ACRONYMS

WHO: World health organization

UYDEL: Uganda youth development link

AD: Alcohol and drug unit

IDPs: Internally displaced persons

DPC: Division Police Commander

KCCA: Kampala Capital City Authority

OCCID: Operation Commander Criminal Investigation Department.

LC I: Local Council One

LCII: Local Council Two

SPSS: Statistical Package for Social scientists

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CHAPTER ONE

INTRODUCTION TO THE STUDY

1.0 Introduction.

Drug abuse is the compulsive, excessive and self-damaging use of habit forming drugs or substances, leading to addiction or dependence. Drug abuse is a problem that has increased behavioural problems such as aggression, violence and eating disorders. This research seeks to study the relationship between drug abuse among the youth and how it shapes their behaviour. While there are many different kinds of drugs, the proposed study is focusing on marijuana, khat 'Mairungi', nicotine, aviation and alcohol. The research is examining how the abuse of these drugs is related with behaviour of aggression, eating disorder and violence. This research is carried out in katwe slums in makindye Division, Kampala district.

1.1 Background of the study.

Drugs have been in existence and used for healing and religious purpose. Evidence accruing to this report by Escandon and Galvez (2007) gives an account of Eber papyrus' report which claims that in 1550BC Egyptian physicians used opium for the treatment of certain illness, Escandon and Galvez (2007). Similarly drug abuse which is the use of more quantity of drugs than prescribed, or use of drugs for purposes other than those prescribed is as old as the use of drugs for healing purposes .However, the abuse of drugs is reported to have been aggravated by urbanisation (Mouti 2002). The problem of drug abuse has now become a worldwide habit, in both developed and developing countries. It has become more alarming among the youth. (Holland, 1986). Governmental and non-governmental agencies and departments have been working hard to bring this situation to an end but the struggle is still on. According to Mattie, (2012) About 200 million people around the World use illegal drugs every year and that may be taking a toll on health and death rates in various countries.

Furthermore, Escandon and Galvez (2007), assert that the assumption to drugs among western youth is alarming. In USA a country that usually sets the standard for many other countries, showed a critical situation of drug abuse in the 1990s. Increase in consumption of marijuana was observed among students in the first three years of high school. In Uganda 45% of youth take drugs and alcohol (vision reporter 2013).UYDEL senior programme manager, Rogers Mutaawe said the majority of the youth in the country take marijuana, alcohol and others use heroine. East African reports (2005) the world health organization

(WHO) ranked Uganda the leading consumer of alcohol in the world per capita consumption is 19.5 litres. The Global Status report (2004) says Uganda spends \$145 million on alcohol annually. 25% mental cases due to drug abuse. In Uganda a country of more than 32 million people, alcohol dependence among the main causes of psychiatric morbidity (ministry of health in Uganda 2005). Uganda not only lacks a clear national alcohol policy but has weak and poorly enforced laws (Uganda youth development link, 2008) It is estimated that 63 million males with alcohol-dependence-rate disorders (WHO 2004). According to (Kasule, 2011), between 5% to 10% Ugandans are regular drug abusers. In Uganda drug abuse has been described as a problem especially among marginalized groups and the unemployed although other categories of people also abuse drugs. Kasule further states that generally drug abuse has been more prevalent among Ugandan youth. It is reported that those abusing marijuana in particular being 7% to 38%. Similarly, Kasirye (2010) records that marijuana is mainly abused by street children and school youth as well as by soldiers while heroin tends to be consumed by urban and street youth. However, he reports that cocaine is abused among high-income groups. Quoting the Uganda Annual Police Crime Report of 2009, Kasirye 2010 notes that there were 2,034 reported and investigated narcotics cases, which led to 2,274 arrests compared to 2,542 in 2008. (Kasirye, 2010). The trend has been attributed to inadequate laws and weak border controls.

Kasirye concludes that Uganda is now known as a producer, consumer and transit country for drug trafficking. Traffickers of whom some are Ugandans have been arrested as far as China. In 2008-2009 over 54 Ugandans were arrested on drug related offences and 38 had been convicted to death (Kasirye, 2010). The other type of drug, which is abused by the youth is Alcohol.

Alcohol is considered a drug because it affects the central nervous system, at increased dose alcohol causes depression, sleeping disturbance while the low dose causes many people to feel self-confident, more relaxed (Escandon and Galvez, 2007). Furthermore, (Uganda Police Report, 2010) Indicates that abusing of drugs have increased in the country, especially in the suburbs of Kampala city including Katwe area. However, the prevalence of drug abuse in Katwe Makindye Division is linked to its location and economic activities. Katwe has been a slum for so long and it is claimed to be formed right from when human habitation started to appear along the railway tracks leading from Kampala to Kasese in the half of the 19th century

1.2.1 Population and demographic characteristics.

According to the population and housing census of 2002, Katwe had a total population of 1,060 people and 1,009 household. However the Demographic Analysis Report (2010) indicates that the population of Katwe has increased to 23,010. In 2007, it was estimated that Katwe had over 3,000 artisans and metal fabricators in over 800 individual small enterprises. Children below the age of 18 years comprised 29% of the total population and majority were in the productive age between 20-35 years. Almost entirely, this population is of metal fabricators and small scale businesses as major socio-economic activities. In terms of administration units, Katwe is one of the five parishes of Makindye and divided into zones which include Kiti zone, Musoke zone (Housing Census Report 2002) Uganda.

1.2.2 Socio-Economic Activities.

Over 90% of the population in Katwe derives their livelihood as artisans, craftsmen and technicians mostly engaged in metal fabrication, wholesalers and retailers of repaired imported electronics, automobiles, televisions, refrigerators and all kinds of appliances. Other groups that have been traditionally attracted to Katwe are business people such as food vendors of cooked and fresh local food stuffs, wholesaler herbalists, transportation companies and others. Katwe has also attracted young men and women with little education and practical skills that have resorted to all manner of crime, ranging from armed robbery, murder and prostitution. Katwe remains one of the highest crime-ridden areas in Kampala (Police Report, 2010). The residential areas of Katwe have been a big slum with scattered unplanned or poorly planned housing where many of the youth are unemployed and the population is high which give youth a chance to abuse drugs and get involved in anti-social behaviour. Many of the people in Katwe have expressed their concern on drug abuse risk of having many youth who are affected with anti-socio-behaviour (Kasirye, 2010). Youth that abuse drugs exhibit a number of behaviour which can be broadly categorised as mental health related behaviour as well as psychological ones (Escandon and Galvez, 2007). However this research study is focused on the relationship between drug abuses among youth in Katwe. Given the state of drug abuse in Uganda and particularly in Kampala and the fact that majority of drug abusers are youth, the pillars of the next generation (Kasirye, 2010) there is need to examine its impact on the youth that uses these drugs.

1.2 Problem statement

This research is seeking to study the relationship between drug abuse and behaviour change among the youth. While much has been done to study how drugs affect individuals, insufficient work has been carried to study how the abuse of particular drugs such as marijuana, khat ‘Mairungi’ and Alcohol has increased behavioural problems among the youth in slum areas of Uganda. This study is seeking to find out the devastating impact of marijuana, khat ‘Mairungi’ and alcohol abuse and how it relates to the behaviour of the youth in Katwe slums a suburb of Kampala city. Many people argue that marijuana, khat ‘Mairungi’, nicotine, alcohol abuse has far reaching consequences on shaping behaviour among the youth in such areas. The highly addictive characteristics of drugs such as heroin, cocaine and various compounds may take away any control you have over continuation of self-inflicted damage. The cost of feeding an inevitable addiction that regular use will cause may mean you find yourself involved in a serious crime, facing a lengthy jail time and dealing with serious health problems including permanent mental illness, the risks of communicable diseases like HIV/AIDS and overdosing, losing support of your family and friends along the way.

Excessive use of drugs damages physiological maturation of the brain which results into immature and impulsive behaviour. Drugs destroy creativity which lifts a person into a fake kind of cheerfulness but when the drug wears off he or she crashes even lower than before and each time the emotional plunge is lower and lower eventually drugs will completely destroy all the creativity a person has.

1.4 Purpose of the study.

- To evaluate the relationship between drug abuse and behaviour change among youth in Katwe slum.

1.5 General objectives.

- To establish the relationship between drug abuse and behaviour change among youth in Katwe slums.

1.5.1 Specific objectives.

- To examine the nature of drugs abused by the youth and behaviour change among the youth in Katwe slum.
- To identify the causes of drug abuse among youth in Katwe slum.
- To examine the effects of drugs on behaviour.

1.5 Research Questions

The research will seek to answer the following questions:

- What is the nature of drugs abused by the youth in Katwe slums?
- What are the causes of drug abuse among the youth in Katwe slums?
- What is the relationship between drug abuse and behaviour patterns of the youth in Katwe slum?

1.6 Scope of the study.

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

1.6.1 The time scope of this study

The research is carried out in the month of February 2016. This study is hoped to be useful to the government and non-governmental departments and agencies dealing with the youth.

1.6.2 The content scope of this study.

The research will offer knowledge to understanding the depth of the drug abuse problem among youth. Such information was vital in making policies and programs to address drug abuse.

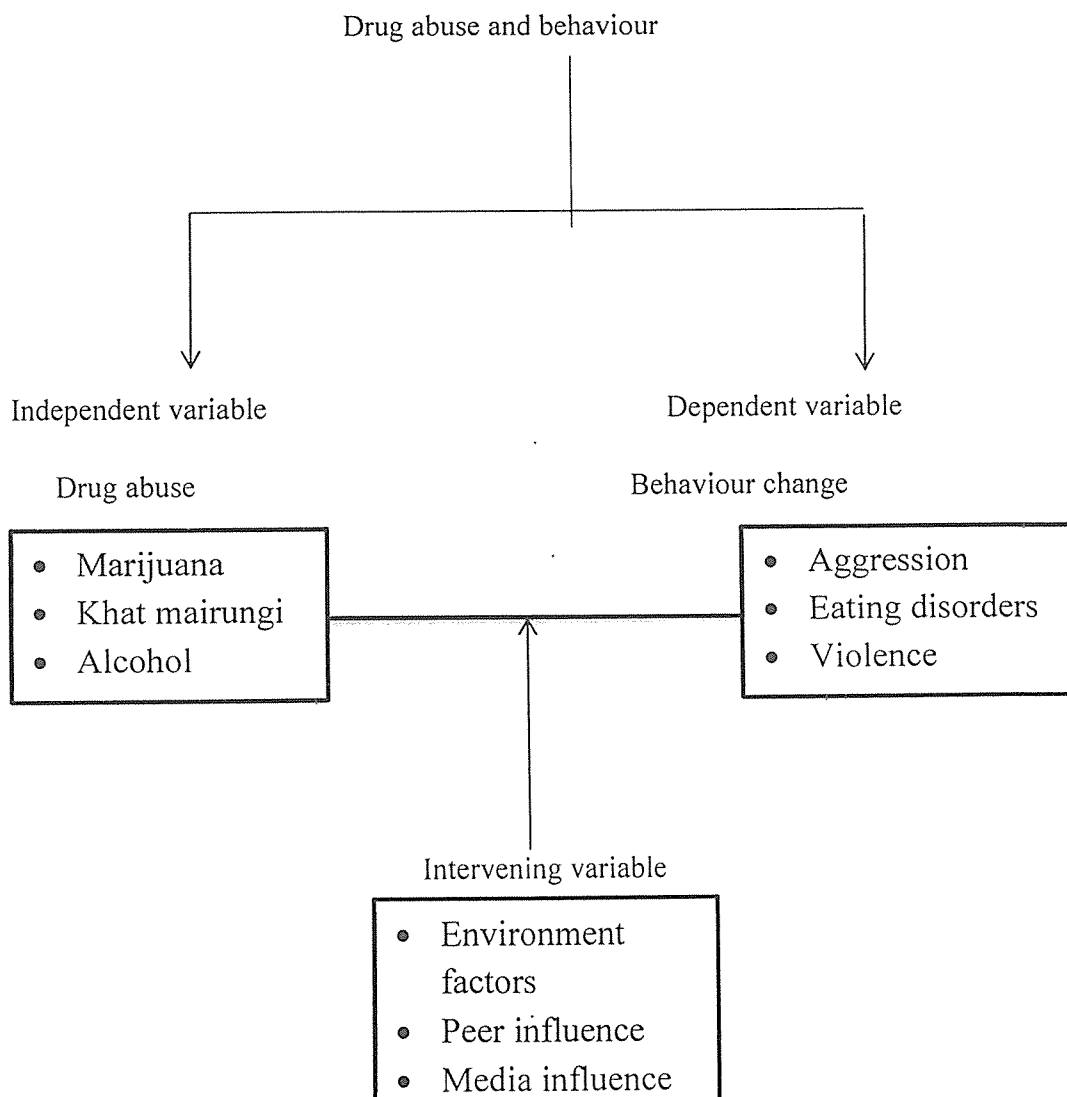
1.7 Significance of the study.

It hoped that this research is to motivate further studies in regard to the reduction of high crime rates among unemployed youth in slum areas in Uganda. The research is hoped to create awareness of the problem and hopefully they are to begin to question why they take drugs. This personal reflection is hoped to be a step in the right direction towards abandoning the behaviour. The study is to help the parents, local leaders and the youth themselves to

understand the levels of this problem and its effect to the society through identifying the levels of drug effects to the youth.

1.9 Conceptual Framework.

Figure 1 showing the conceptual framework. The conceptual frame work illustrates the relationship between drug abuse and behaviour change among youth as shown below:



The conceptual framework above shows the relationship between the independent variables, marijuana, khat “Mairungi” and Alcohol, dependent variables, Aggression, Eating disorders, and violence and intervening or extraneous variables environmental factors, peer influence, media influence and family instability they show its reaction on each other as the research hypotheses. We abuse drugs in different ways and the common ones include smoking, drug mixed in food, tea and alcoholism. Smoking is considered to be one of the ways drug is being abused and it leads to hostility, stress, this is created due to higher rate and blood pressure. Hostility is the behaviour patterns which contribute to negative effects of an individual. (Hoeksema, 2004). A drug mixed with food affect the hormones, make nervous system react faster or slower, makes the mind work more rapid than usual (Mouti, 2002) and as a result a person gets disorders. Alcohol is the most readily available in liquid form, it has connections to human behaviour change since it depresses the central nervous system and causes unconsciousness (Mouti, 2002).this paints a clear picture of abnormality characterised by feeling out of control, sudden burst of anxiety systems, (Hoehsema, 2004).Drug abuse and behaviour is a result of environmental factors, media influence and family instability. It should be observed that youth are best imitators, whether it can be of their parents or outside home, this indicates that the influence of the mentioned factors holds an upper hand in this crisis.

1.9.1 Conclusion.

This chapter has covered the background of the study, problem statement, research objective, research questions, significance of the study, conceptual framework as it is explained.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction.

This chapter consists the review of related literature of the area being researched, It further explores the insights from different authors' exploring their arguments and perspectives on the nature of drugs abused by youth, the causes of drug abuse among youth and the relationship between drug abuse and behaviour change.

2.2 Definition of the study concepts.

Drug abuse is the use of drugs for pleasure other than legitimate medical purposes and it is a chemical that changes perception and mood. A drug is a chemical which affects people mentally or physically (Mouti, 2002). According to Mcilvee and Gross(2004).Drug abuse is also substance taken recreationally outside society's approval. These include marijuana, heroin, cocaine, amphetamine among others. Generally a drug can be defined as any substance in the form of food, drink, capsule, injection, or smoke which is taken into the body through the mouth, nose or skin in its negative nuance upsets the biochemical system of the body and especially the nervous system. Drug substance can be used as a response to mental or physical suffering or pain to get normal, most times excessive use of chemical substance is illegitimate and forms drug abuse.

2.3 Nature of drugs.

Drug abuse is as old as human beings and each and every society used to have its own drugs (Marinthy, 2009).The world is moving on and generations are changing and the world becoming a global village, cultures are shared and drugs exchanged. In most societies there have been people who have failed to accept rules for using drugs and among such people the youth. Therefore, this research looks at marijuana, *khat* "*Mairungi*" and alcohol commonly being used by the youth in Katwe slum Some of these drugs are further discussed below and below are the common names of drugs and an explanation in connection to how it is made.

2.3.1 Marijuana

Marijuana is recognised as a plant which can be cut, dried and rolled into cigarettes or put in food, tea and beverages. According to the Uganda police report, (2009) Marijuana is a drug got from a plant dried and smoked, marijuana is known by very many people from different regions of Uganda, it has got many names although in urban centres like in Kampala commonly known as *Boom, Njaga, Weed, Ganja, Njaye, Akacwiri, Ladi*, Sada and other names. It is commonly grown in the middle of forests, banana plantations and in the middle of tall bushes. Police noted that marijuana is transported to urban centres on tracks that carry beans, peas, maize and groundnuts and people pack it in polythene bags and is wrapped into sticks at its final stage using papers, Others remove tobacco from its original cigarette packing and replace it with crushed marijuana in order to confuse police and usually it is done in small rooms within the city Suburbs . Dealers usually carry backpacks and others are food venders, Hawkers who sell other legal commodities. Marijuana has been considered to be a drug for so many years it consists of leaves and flowers of hemp plant. Marijuana can be smoked, mixed with food and hot water and produce a mixture of effects. Through smoking Marijuana gets into the brain in about seven seconds individual's experience varies depending on the situation for example those who feel anxious or depressed taking marijuana may intensify these feelings. Myers (2005) further adds that marijuana disrupts memory formation and interferes with immediate recalls. Marijuana is under hallucinogens which distort perception evoke sensory images in the absence of memory input (Myers, 2005).

2.3.2 Khat“Mairungi”

Khat is a natural substance which people chew. Khat is commonly used in East Africa, Yemen and Southern Saudi Arabia and people chew its fresh green leaves. It can also be smoked, brewed in tea or sprinkled in food. (Aronson, 2009) it is noted that chewing khat leaves results in subjective mental stimulation, increased physical endurance, increased self-esteem and social interaction. Khat is legal in Uganda but efforts are under way to ban its use. According to the Ugandapolice report of (2009), Khat has the ingredients of a narcotic drug while the Khat consumers believe the plant is harmless. The police emphasise the fact that Khat is a stepping stone for hard drugs whereby people reach a certain point and they feel the need for some stronger drugs. According to Gebissa, (2004), Khat is a tree blessed by God and he claims that this tree is not like any other ordinary plant. (Gebissa, 2004) goes on to argue that leaves are chewed for their harmonious effects. (Anderson, 2009), points out that Khat was evident in Uganda by the 1930s, production and consumption both increased in 1970s this was due to the number of Yemen and Somali migrants in the country. In Uganda

Khat is grown in different areas of the country but the main supplies of Kampala are from Kiti near Masaka town, Kabasanda on Masaka road and Kasenga which is the most nearby producer of Khat. Its market is at Kisenyi near Nakivubo stadium where the majority consumers get it from and it is abused by male and female who gather together and chew it in the shops and small bars. It is known as *Mira*, "*Mairungi*" and others call it "*Kakola*" meaning leaves (Anderson, 2009).

2.3.3 Alcohol

Alcohol is a colourless liquid with a sharp and burning taste. Its named ethanol and is made by fermentation of sugar found in food grain such as rice, millet, maize, fruits, berries and other plant materials (Getinas 1990). Jung, (2009) defines Alcohol as a chemical substance which is used in most of the civilization history, alcohol, beverages are used in rituals and ceremonies as well as for healing purposes since ancient time and now it is more of recreational. Although Jung, (2009) looks at alcohol as a chemical, Getinas(1990) rejects this view and believes that alcohol is a disease because of it interfering with the ability of a human being to function normally and defining alcohol as a chemical makes little sense since water its self is a chemical. Naild, (2013) notes that alcohol is a product that has been used from earliest times and it played an important role in religion and worshipping. Alcoholic beverages have been widely used for medical antiseptic and enhancing the enjoyment and quality of life and alcohol can be a social lubricant which can facilitate relaxation, increase the pleasure of eating. Uganda is considered to be the leading African states for alcohol intake and number eight in the whole world. The most abused alcohol is a potent liquid called *waragi* and this is also known as *waragin* and the second is *Ajon* a semi-fermented beer drunk from communal pots using long straws. (Naild, 2013)

2.4 Causes of Drug Abuse

Very many researchers found out that there are many factors that contribute to drug abuse among the youth (Myers, 2005). Drugs are abused by humans to alter their perceptions of reality for thousands of year's societies have limited this kind of drug abuse by placing various restrictions on it in order to limit its effects to people. McIlvee and Gross (2004) point out that drugs affect the brain and other thoughts, feelings and behaviour which is likely to be the founded reason why the youth abuse drugs. Many reasons are claimed to cause drug abuse Kassandra,(2009) points out that one of the reasons why youth behave in a deviant manner is peer influence. Kassandra (2009) Further argues that despite the earliest guidance of parents, some youth go astray due to pressure and influence.

This is done due to the stressful life such as low grades in school, poverty, separation of parents and other related factors which affect the youth emotionally, psychologically and physically and the end result is drug abuse (Kassandra,2009) , On another hand (Jorisc, at el, 2012) look at the failure of parents to guide and protect their children as the cause of drug abuse among the youth, He also holds the view that youth are less likely to get involved in drug abuse if their parents are protective, supportive and show physical and emotional affection. Contrary to the above research Lyman, (2013) argues that youth abuse drugs to alter their mood ‘‘happy hour’’ he claims that people naturally want to alter their state of consciousness at certain time through their lives therefore to his findings the state of depression, anxiousness or boredom is a reason for the youth to desire a change. McIlve and Gross, (2004) argue that youth’s mental state leads to abuse of drugs with a desire to make themselves happy. Although Lyman (2013), overestimated the findings on happiness there is a need to critically agree with this research in support that drug abuse by humans is caused by the desire to alter their perception of reality.

Youth learn from watching and after words they imitate what they have seen, mostly those they consider to be their role models. As they modal they are more likely to pick up both positive and negative habits. (Maithey, 2008). Media plays some role in the causes of drug abuse for example when youth watch their heroes taking drugs they also follow the example not knowing the dangers. In acknowledgement of social learning theory (Bandura, 1977). People learn through observation and modelling. This is in support of the view that youth abuse drugs after observing others and modelling, Therefore the role model who abuse drugs and observing other people abusing drugs among the youth. According to Kasirye, (2011) the weak laws of Uganda are among the factors that are behind the cause of drug abuse, He stated that ‘‘drug abusers are fined with little amount of money which does not discourage others to stop abusing drugs’’ drug abusers are fined between 100,000UGX to 200,000UGX.

2.5 Relationship between Drug abuse and Behaviour Patterns

Drugs are commonly abused to modify mental, emotional or behaviour functioning of a person (Weiten, 2008) this section explains the relationship between drug abuse and behaviour. Weiten (2008) pointed out that the influence of drug effects depends on the abuser's age, mood, personality and previous experience with drugs, body weight and the psychological status of the person. Similarly (Leavitt, 2001) claims that expectation are major factors that can influence the abuser's behaviour whereby the drug abuser uses it as fuel to light up the fire. If people are believed to abuse drugs to become violent or aggressive their expectation may contribute to the behaviour they experience. In relations to the variables there are arguments on drug abuse and behaviour like aggression, violence and eating disorders in people who abuse drugs.

2.5.1 Aggression and Drug abuse

Aggression is intentional injury or harm to other people (Berkowitz, 1993). Aggression is considered as an inborn-urge, he claims that human beings are naturally aggressive that is why they are in a fight with other species which at times come with a need to protect or achieve good, therefore, looking at drug abuse as the factor behind aggression is to miss the point.(Feldman, 2005) stresses his view that frustration is behind aggression and gave an example where somebody has been working on a paper and the computer ink got over and getting to the shop he finds the sales person locking and fails to take the explanation while pointing to the time and shows the person a sign of the time for tomorrow. That moment a person who wanted ink develops aggressiveness towards the sales person.

According to Bandura, (1983) aggression is a result of social learning for example through observational learning people learn to hurt others. In observational learning theory states that social environmental conditions teach individuals to be aggressive and the theory further looks at aggression as learned response which is understood in terms of rewards and punishments. Hoaken, (2003) indicates low doses of drugs may slightly increase aggression, moderate and high doses can suppress or even eliminate aggressive behaviour. However just like Bandura, (Hoekseman, 2004.) maintain the argument that aggression and violence is related to social learning through the influence of reinforcement such as punishment and others.

Russell Barkly (1994) states that regular youth who abuse alcohol have been significantly associated with aggression. In one of the study youth who reported higher levels of drinking were more likely to have aggressive behaviour compared to the non-abusers. Community violence reviewed as a cause of aggression and violence among the youths. Trickett, et al.(1998) proved that violence in community is a social stressor to the youth and they learn to overcome their stress by presenting aggression to the youth and they learn to overcome their stress by presenting aggression response. Bandura draws more attention to social learning and rejects the chemical which changes the function of the body and the brain. The extent of drug abuse is high compared to the social learning he pointed out. However Gelians,(1990) rejects Bandura's view for (Gelians 1990) arguing that alcohol provokes aggression than any other psychotropic chemicals because it alters mental functioning, mood or behaviour reaction. Nelson et al (2005) acknowledges the presences of social economic factors such as poverty and environmental pressure that give support to drug and these issues results into aggression, violence and other anti-social behaviours.

Meadows, (2007) argues that the presence of an ill mother or father is related to disturbed emotional and anti-social behaviour in youth which is always more likely to produce aggression and violence. Therefore however much drug abuse is related to behaviour other factors such as environment is considered. Gelians, (1990) recognises that there is a relationship between aggression and drug abuse and pointing at the fact of alcohol places such as bars which needs security compared to the tea rooms and restaurants, this indicates that these places are notorious for brawls. According to Umberson, et al, (2002) which including border line personality disorder and other anti-social personality disorder and this is proved by many researches in the area of psychology. He claims that aggression is not different from criminal behaviour and violent behaviour which is always planned and organised by the individual who is suffering with the problem. According to Deluccia,(2007) the aggressive behaviour is related to the genetics and the environment.

2.5.2 Violence and drug abuse.

Violence is more likely to develop for the people who are jealous, arrogant and those who isolate themselves from others, it is observed that most times drug abusers lose their ability to communicate and this makes some of them to be violent (Gelinas, 1990) and (Mulles, 2008) hold the view that violence is both learned and naturally created in human beings. The learned violence within the social activities and the natural violence are generally based on the parents. According to Umberson, et al (2002) violent behaviour is caused by unhealthy conditions such as illness, stress and unbearable situations around human beings and this could be the reason behind violence and drug abuse. Umberson et al (2002) insisted that since there is a relationship between stress and drug abuse therefore it is clear that the stressed drug abuser is more likely to be violent. This view is in line with the research that drug abuse is related to violence although his explanation could not point out the particular drugs that causes violence most.

However, Meadows G, et al (2007) rejects Umberson's et al (2002) view for Meadows argue that violence is a family caused problem and maintained that parents who fight at home make their children to learn to be violent and the family is so fundamental in modelling a person. Although Meadows et al (2007) clearly puts the stand on parenting but it is important to note that drug abuse change human body and within the process some turn to be violent and others get possessed with other anti-social behaviour (Dews palloma B, 1977) However Kozel and Edgar, (1989) believe that behaviour is influenced by the role models such as parents and other influential people. Therefore, violent behaviour is more likely to be caused by the considered role models of the youth and If the role model is a drug abuser and violent in nature, then the youth is more likely to act in the same way. Although modelling plays its part to influence human being (Polivy, 1998) believes that violence is caused by negative effects in the mind.

2.5.3 Conclusion

Basing on this chapter of literature review the arguments of drug abuse from different authors clearly indicates the difference in the understanding of this study hence promotes the need to discover the other findings based on local understanding of the problem From the above literature it can be seen that various authors offer their perspectives and arguments on drug abuse in areas such as causes, effects and how to control drug abuse. Ugandan cases have been cited and among the youth show the environmental factors, parenting and proved that drug abuse related to behaviour and the clear explanation is given by the increase of crime rates which has the connection with drug abuse and it seems to be based on a perception than

facts this study looked at a target group of youth which closed the gap of generalisation, this research is investigating the relationship between drug abuse and behaviour change which is never done by anyone.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction.

This chapter explores the procedure that was used to carry out the research in Katwe the researcher discussed the research design that was employed, study area, population of the study, sample size and sampling criteria. The researcher further indicate the sources of data, data methods and techniques, data quality control, research procedures, ethical dilemmas and considerations of the study.

3.2 Research Design.

The researcher used a case-study research design, which I used to investigate individual, groups and events. The case study method focused on both single case and number of cases, which involved interviews, observation. The case-study design was used because it provides richer details about the relationship between drug abuse and behaviour of the youth in Katwe slums. The researcher use of case-study research design provided deeper insight into a particular case of drug abuse in particular by revealing and the experience and interpretation of the research participants (Ball, 1981). Furthermore the case study method of research allowed the researcher to retain the holistic characteristics of real life events while investigating empirical events. This has equally been argued for by social science researchers. (Yin, 1984)

3.3 Study Area.

The study was carried out in Masaku zone, Kiti zone and Musoke zone in Katwe slums, which is located in Makindye Division. Katwe slum is bordered by Nakasero to the North, Nsambya to the East, Kibuye and Makindye to the South-East, Ndeeba to the South and Mengo to the West. The following are the zones that constitute Katwe: Musoke, Kiti, Kinyoro, Dungu, Nkere and Nabisalu and Masaku. Katwe is among the biggest slums in Kampala Capital City Authority of Uganda. The demographic analysis report of Katwe, (2010)the population of Katwe is estimated to be 23,010, while the entire Makindye Division is 805,000. Katwe was selected because it is one of the areas where the youth abusively use drugs mostly in the three zones. Moreover, most of the behaviours, which may be associated with drug abuse, can be noted in this area. Such behaviours include: aggression, violence and eating disorders, which are the focus of this study .As it is stated in the Uganda police report, Katwe also remains to be one of the highest crime ridden areas in Kampala (Uganda police

Report, 2011). Furthermore, Katwe is characterised by a high unemployment especially among the youth. Moreover, majority of the employed youth do not possess formal education and therefore provide mostly unskilled labour. The kind of jobs available include, metal fabrication, over 800 individual small enterprises (Uganda Police Report, 2007), mechanics and many hands-on jobs. As such, Katwe has attracted many youth from all over Uganda.

3.4 Population of the study.

The Study was conducted in Katwe, Makindye Division with a selection of 30 youth, 8 community leaders and 8 police officers. The population of Katwe is estimated to be 46,000 people. However the number of youth in Katwe area was 25,440. (Demographic analysis of Katwe, 2010) Uganda.

3.5 Sample Size

The sample size representative of the study population used was 46 respondents which included 30 youth, 8 community members and 8 police officers.

3.6 Sampling Method Process.

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

3.7 Source of Data

The researcher used two sources of data, primary data which involved study participants who included the youth on drugs, community leaders and police officers further discussed below. Secondary data, the researcher reviewed various relevant information and literature related to drug abuse to back up the information and arguments from primary data on drug abuse.

3.8 Data Collection methods and Techniques

3.8.1 The questionnaire

This study used a self-administered questionnaire and semi structured instruments to collect data from respondents. Quantitative approach, which is used for arguments to give deeper insights to the research as in this case the key informant interviews, was able to reinforce data collected by questionnaire as it helped explain certain occurrences in the drug use among youth. Recommend a questionnaire if the researcher knows that the respondent will be in position to answer the questionnaire. Closed ended and scaled items was carefully used to generate information of influence, facilitate response since the question with multiple choices and data was categorized easily. The scaled items, according to MacMillan and Schumacher (2001) allow fairly accurate assessments of opinions. Similarly, it has the ability to solicit information from several respondents within a short time (Gupta, 1999).

3.8.2 Key Informant Interview

Face to face interviews carried out with the local leaders like LCIII, LCII and various area councillors of Makindye and police officers, from these here designed a way that more specific and truthful answers are got. These helped to capture information, not provided by the questionnaires. This method is preferred because of its flexibility and ability to provide new ideas on the subject (Kothri, 1990).

3.8.3 Document Analysis

Secondary data from materials such as text books, newspapers, journals and internet will be used to back up primary information and relate the findings to other approaches already in existence. The method that was used to further generate in depth arguments and related literature for similar and related research and scholarly materials.

3.9 Data analysis and Interpretation

The primary data was entered in SPSS and it was cleaned and analysed using SPSS. Analysis of the data was conducted using the following:

- a) Using a correlation and regression analysis to determine the outcome variable (Behaviour change).
- b) Analysis of variance was done to examine further the impacts of drug abuse on behaviour change.

3.10 Validity and reliability

The interview guide and the questionnaire was cross examined for approval by the research experts to ensure the appropriateness and consistency of information generated since content validity ratio which was to determine the reliability of data collected.

Content validity ratio (CVR) = $\frac{N_a - N}{2}$

N/2

Where, CVR = Content Validity Ratio, N_a = number of respondent who will accept that drug abuse and behaviour change in Katwe, Makindye division, N =total number of correspondents, 2 = constant.

This gives values ranging from positive one to negative one, where a positive answer indicate that drug abuse has an impact on behaviour change and negative answers shows that it doesn't have any impact on behaviour change.

3.11 Research Ethical dilemma and considerations.

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

- i. **Confidentiality:** any information gathered from the respondents should be treated and kept between the researcher and the respondent, since the youth were selected as the known informants to introduce others and the information shared remains a secret.
- ii. **Privacy:** through snowball sampling method selecting the youth as the known informants to introduce the other informants through networks.
- iii. **Respondent's expectations:** participation of the respondent is not paid for so they should not expect any reward from the researcher.
- iv. **Data protection:** through purposive sampling method informants were selected because of the knowledge and classified information they have and the data cannot be falsified.
- v. **Accessing the fieldwork site:** The fieldwork was carried out in Katwe slum Makindye Division in the month of June and it lasted for about three weeks, the researcher acquired an introductory letter from the university and the letter was given to the LCI of Katwe where he introduced the researcher to the three zones and met the community leaders of the three zones.

3.12 ethical dilemmas

There were challenges that limited the study and they are outlined below:

There was reluctance among the leaders to respond and accepting to participate in the research.

Elders were not able to disclose the information concerning their society since drug abuse is considered to be crime.

There were situations of insecurity and the researcher had to suspend some activities until the researcher was sure she was safe. Especially at the beginning of the study, many of the drug abusers thought the researcher was spying on them and since drug abuse is a crime, they looked at the researcher as their enemy. The researcher had to gain their confidence that she was not spying on them in order to trust and share with the researcher their experiences.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND DISCUSSION

4.1 Introduction

There is a lot of literature indicating the factors associated with the causes of drug abuse. Most of the cited literature focused on causes of drug abuse. However, this study was conducted to establish the relationship between drug abuse and behaviour change among the youth in Katwe slum Makindye Division Kampala Capital City Authority in this chapter I started with the causes of drug abuse in Katwe following the objectives of the study. This chapter presents the findings concerning the relationship between drug abuse and behaviour change among the youth in Katwe slum Makindye Division. The findings based on the objectives of the study which include: the causes of drug abuse, nature of drugs being abused by the youth and behaviour patterns as well as the background information. The findings of the study discussed and the respondents are represented in the table. This chapter made connection with the earlier studies in order to gain an understanding of the research.

4.2 Background information of the respondents

Table 1: The number of respondents.

Respondents' position in the community	Frequency	Percentage
Police Officers	8	80%
Youth	30	75%
Community leaders	8	80%
Total	N=46	77%

The researcher interviewed forty six people which was 77% in total from three zones in Katwe eight which was 80% youth were interviewed and each zone three youth were

involved in the interviews, two were male and one was female. The number of the youth interviewed was high compared to other respondents because the researcher was more focused on the youth and the researcher wanted to understand more from the youth. Community leaders were eight in number from all three zones. The researcher involved the community leaders because the researcher believed in the following ethical procedures which indicated that leaders were to be informed and the local leaders are highly informed of their people's characters.

Police officers were also involved in the research and they were eight in number, Katwe has got many policepersons due to high crime rates in the areas where research was carried out. One is a police post and one is a police Division, the police post called Katwe Market Police Post and another is Katwe Police Division. At Katwe Police Post five police officers were interviewed including the officer in charge of the police post. The number was limited because the police hold little cases of youth since it is located in a market where drugs are strongly prohibited and cases of drug abuse among the youth is lower. However, the researcher had to look at the little cases and information because it was within the zones of Katwe and it was considered to provide information. At Katwe police division, five police officers were interviewed including officer in charge of investigation (OCCID), officer in charge of community policing unit, officer in command of Katwe division police (DPC) and three field officers. The police were brought on board because they were considered to have much information concerning the study since they deal with violence, and abuse of drugs itself being illegal it was important to gather data from the police.

TABLE 2: Gender/Sex of the respondents

Gender	Frequency	Percentages
Male	36	78%
Female	10	21%
Total	N=46	77%

Gender was considered in the research since they are of the view that female youth who abuse drugs is of a smaller difference to the number of the male, it was a need for the researcher to balance the research basing on gender. Therefore, 36 male were interviewed and this made 78% of the total respondents and 10 female also responded and made 21% of the respondents as figure 2.0 explained from above.

Table 3: Age of the youth Respondents

Youth age	Frequency	Percentage
15-30 years	16	53%
30-33	6	20%
33-35	8	27%
Total	N=30	65%

The number of youth who were involved in the interview were thirty out of the total number of forty six respondents and they include sixteen who were between 15-30 years and made 53% and six were among the youth who were between 30-33 years and made it to 20% and those who were 33-35 years the number was eight and their percentage made it to 27%. Between 33-35 years the researcher got leaders three community youth and five youth. However, getting the age of the respondents was mainly to find out what age mostly abuse drugs. Since the research was focused on the youth it was important to understand the age of the youth who abuse drugs most.

4.3 The Nature of Drugs abused in Katwe

According to some of the respondents there are lots of drugs being abused in Katwe and most respondents agreed that the youth abuse drugs in Katwe. Considering that some drugs are illegal in Uganda, the youth in Katwe have got ways of disguising the illegal drugs in the legal substances.

4.3.1 Marijuana

Marijuana is a plant known to local people as *Njaga, Weed, Njaye, Ganja, Sada* and other local names. This drug comes to the market to unknown people apart from the users within the area following different processes. The traders of Marijuana get it from the villages or from the famers and transport the dried leaves by using Agricultural product vehicles up to town. Sometimes Marijuana is packed in polythene bags or bags of maize, beans and if it is in the passengers' transport owners seamier the bag with Vaseline in order to control the smell. Marijuana in Katwe is mostly smoked although few of the youth mix the drug with food, tea and alcohol. The police in Katwe stated that Marijuana is next to alcohol to be abused in Katwe and Marijuana is number two in drug abuse ranking, alcohol takes number one in Katwe. The youth who abuse the drug claim that their part time experience usually leads to

another and the time you realize it you are already a dependent. This drug is abused when it is dried, rolled in small papers and some use other soft papers while some youth remove the tobacco and put Marijuana.

According to Katwe division police officer in charge of Narcotics, 172 cases were registered in the year 2013 and it is more likely to be high this year. But in the previous years the number is increasing due to high unemployment rate.

4.3.2 Khat “Mairungi”

Khat leaves are eaten fresh by the youth in Katwe this was started way back during the time of railway construction in the area. There is no big market in Katwe but the consumers get it from Kisenyi where the majority dealers are staged. The youth have no set time to eat whoever feels like eating just pulls money and orders for it. It is sold at 300 Uganda shillings on wards depending on the size of Khat, it is produced in different areas in the country but the main suppliers to Kampala are in Kasenge along Masaka road. Khat is not illegal in Uganda: a law is not yet passed but was once discussed in the 8th parliament. However youth in Katwe area reported that police officers get those who transport Khat and stop them until they give them some money but when it gets to Kisenyi at Nakivubo it is on an open Market. The Youth who abuse Khat claim that it gives peaceful mind to someone who eats the leaves 50% youth believe in getting a peaceful mind, in Katwe Khat is eaten as the only way to enjoy it. Different names are given to Khat locally which includes Mairungi, Mira, Kakoola, Omuddo and others.

4.3.3 Alcohol

Katwe being an area of highly low income earners, Alcohol is abused more than any other drug, the most abused type of alcohol include made alcohol such as Tyson waragi, Coffee spirit, Empire, London Gin which is cheap compared to other types of alcohol like beer, Uganda waragi, wine and whisky. 86% respondents agreed that most of the youth abuse alcohol during their leisure time and majority of them hide while taking alcohol. The youth noted that alcohol is taken while at the beach, in clubs and other parties.

4.4 Causes of Drug Abuse.

The causes of drug abuse were established in order to design the strategies at the end on how to address the problem and in the interviews all respondents were asked to give their view and understanding of the causes of drug abuse.

makes them to abuse drugs because they need to discover who they are and create identity on their own.

Housing nature of Katwe slums was mentioned to be among the causes of drug abuse in Katwe, of which 91% agreed to this being the major cause of drug abuse, the authority proved that poor planning of Katwe housing is a major cause of drug abuse. The police pointed out that sometimes the houses cannot be entered by a normal person, routes to such houses are so narrow and at times these places are so dark this gives a chance to those with friends who abuse drugs to introduce them to members of the group and hide in these dark places to abuse drugs. Youth hide in such poor houses which are all most everywhere in Katwe and Katwe is so congested and poorly planned therefore poor housing causes drug abuse in a way that it gives chance to the youth to hide and try their ways to the illegal drug world.

Youth who abuse drugs that media motives them to try drugs one of youth when he takes marijuana, he feels like he is little Wayne an American hip hop musician He further said that watching the artist's music videos when they are smoking and driving good cars and own good houses with beautiful women, it makes him believe that tomorrow after smoking he will be like little Wayne. The media presents the image of the popular musicians with good life and little more presented to show how they work and get their materials and this makes youth to believe that abusing drugs can make them to become popular which is false communication by media and at the end keep on increasing the causes of drug abuse among the youth.

Some of the community leaders believe that change of African culture is the cause of drug abuse. They hold their view relating to old school rules in African Traditional Society where alcohols were not allowed to be taken anywhere or at any time by every person who wants it. 60% of the community leaders agreed with this view. They stated that most of the youth have adapted to popular culture which gives much freedom to young people and this opened up to young people to abuse drugs even in open at any time they want.

Searching for pleasure was among the respondent's findings. Youth who are stressed up always need something that can bring happiness to their life. 83% of the youth agreed to the view that pleasure is another cause of drug abuse. Sometimes youth find that homes are full of problems, schools are with strict rules which give no room for them to enjoy, and therefore they turn to drugs as their source of pleasure.

Education level of the youth in Katwe is also a cause of drug abuse. The respondents noted that most of the youth have no skills of overcoming challenges because of their education levels most youth in Katwe are with low education background who cannot critically understand the dangers of marijuana even when they are informed. They are taking the information for granted. Being with low education they have low reasoning and they are claiming that taking marijuana gives them energy and that keeps them awake so that they can keep on working and alcohol makes them forget their problems such reasoning is due to low education.

Living with a family member who is a drug abuser was also discovered among the major factor that causes drug abuse. A youth testified that "from his village he could not abuse drugs but when he came to his brother's room in Katwe who was a drug abuser he followed the trend thinking that it would bring peace in his life" he explained to me that even the brother sometimes tried to make him learn how to smoke and eat khat. Family members who abuse drugs have an upper hand in causing drug abuse in the society.

Poverty was mentioned by the respondent as the cause of drug abuse in a way that poor people's environment is attractive to drug sellers. However, others mentioned environment without relating it to poverty. They claimed that even rich people's sons and daughters abuse drugs. It depends on the environment rather than poverty.

Youth revealed that drug abuse in Katwe is caused by Frustrations due to poverty, Physical abuse by the powerful individuals within the community, being homeless who brings in hopeless and lack of food for some days. All these problems push the youth to abuse drugs since drugs tend to make a person to forget the problems for some time. Youth claimed that sometimes they get work at night for example building houses which require them to be awake and such work make them to eat khat so that they do not sleep. Most of the youth believed that Khat keeps them alert, keeps them away from depression and protect them from sickness therefore most of the youth who start to abuse Khat are advised by the friends who were once in their situation.

The desire to get involved in usual activities causes drug abuse among the youth, In an interview with one of the youth said that at times you may need to take an old woman's bag or even fight with the authorities this cannot be done when you are fine in the mind, you cannot do it yet you have to survive what you do is to act in any way to achieve your needs. For those of us who are not smart enough we have to take some drugs to kill our human sense of reality Unaccepted activities which involved anti- social behaviour causes drug abuse

among the youth in Katwe. Many youth have the fear to fight, practice prostitution and to do other dangerous activities yet their group members take these as their daily routine, this made those innocent youth to abuse drugs in order to hide their fear. In the group discussion youth told me that the weak and fearful youth abuse drugs in order to get low which is interpreted as getting a strong heart to do anything unusual.

Youth in Katwe area are used as middle men to make drug transactions with drug dealers and many of the youth learning to taste drugs at the age of 11 years. Other members maintained the view that even parents send their children at 7 years to get beer at the bar others take them to drinking places where the children admire those who drink and smoke and at the end become drug abusers. The police argue that there was little effort to suspect children to make drug transactions that is why many youth learnt the habit. Dealing in drugs causes drug abuse because many of the youth have the desire to taste.

4.5 Drug abuse and behaviour patterns.

Most of the youth who abuse drugs are acting in a manner that is unexpected in Katwe. According to the community leaders, drug abusers produce behaviours which are not normal in many ways such as fighting, over eating, making noise, disrespecting other people which happens after abusing drugs, involving in domestic violence, aggressive reaction at simple matters and so many others. But such behaviour happen for some time and this depends on the person and these changes are always common to everyone. Sleeping disorder, respondents noted that it is hard to go outside the bars and fail to see people who sleep on the ground as if they have died. Such character shows alcohol can do to people a normal person cannot sleep on the ground in hot temperature as those youth and old drunken people do.

For most of the youth who abuse Khat, they do not sleep easily at night they make noise, keep on moving on streets looking for people to rob when the whole community is sleeping. It shows that such drugs kills body senses and people cannot feel the real world then after spending the whole night without sleeping the following day they feel so tired and weak which does not allow them to do good work due to hangover as a result they end up getting sleeping disorders.

Communication is so hard for the youth who abuse drugs, some of them speak so slowly and others speak fast. For those who are not drug abusers can be attracted to listen to their speech and at times conflicts raises when people listen to them or those who see what they do. This is where aggression comes in and they end up fighting with each other. At times they borrow money to each other but the demand of the debt comes with fighting. Some youth who abuse

drugs are hygienically poor and poor hygiene sometimes produce odour which creates conflicts between those who associate with them and most of the time this results into aggression and violence.

This research found out that youth who consume alcohol, Khat, marijuana got different behaviour compared to the non-abuser. The study interviewed 15 youth from three zones in Katwe and concluded that the physical appearance of the youth who abuse drugs indicates the hidden behaviours some of them got swollen faces with scars which communicates that such youth gets involved in aggression and violence.

The police acknowledged that drug abuse is a reality among the youth in Katwe and it is behind the influence of violent behaviour. The field police officers reported that the division police get more cases of violent crimes and the offenders are suspected to be under the influence of marijuana or alcohol for example Katwe market police post reports more than 12 cases of violence and related cases every month and the officers claimed that out of five cases four are under drug abuse influence.

The youth themselves reported that the effects of the drugs automatically change their ways of behaving and they gave example that when somebody wants to feel high he or she has to abuse drugs and in the situation of being high a person consider his or her feelings and change his or her characters that cannot be expected in the community. However, 40% of the youth believed that their behaviour are inborn because when they do not need to sleep they take Khat when they want to fight they are to take marijuana this shows that their behaviours are just powered but they are within their cognitive.

The youth claimed that however much drugs contributes to anti-social behaviour, it should be looked at in many ways for example, some abuse drugs because of too much stress, this means stress itself drives the person to behave in anti-social behaviour where by some of the youth make noise when they are stressed and some characters are being done by drug abuse.

Drug abuse makes those who are shy to fear nothing and get involved in activities which is illegal youth noted that the female who are shy and they want to get involved in prostitution abuse drugs and they develop confidence and this always surprise people to see young people who have been shy to practice prostitution, fighting with the police and getting involved in the crimes the extent of drug abuse in changing of behaviour is so high and most of the parents who discover their children to be under the influence of drugs chase them from their houses because of their anti-social behaviour produced by the influence of drugs.

Sexual violence, youth in Katwe who are involved in sexual violence behaviour are found to be under the influence of drug abuse. The community leaders reported that many youth are involved in irresponsible sexual behaviour after abusing drugs like marijuana and alcohol. The police claimed that causes of rape are connected to drug abuse and every day there is an increase in such related sexual behaviours. The increasing cases of rape and sexual violence also connected to the weak laws that charge the guilty with simple penalty such as paying money to the government.

Considering the interview conducted with the youth it became clear that there is a relationship between drug abuse and behaviour patterns, Youth's view was that behaviours which come out after abusing drugs are not man made. Youth argued that marijuana, alcohol activates their thinking and they become more active that is why some who are weak they become strong after abusing drugs and in fighting there is no time needed to decide whether to fight or not. Both police officers and community leaders were asked to give their understanding and the views of youth aggression and their response are in agreement that drug abuse greatly related to behaviour patterns.

They noted that drug abuse has connection to the worst crimes in their community and such worst crime including, rape, fighting, robbery, violent sexual play and others. 33% of the respondents argued that the situation of high crime rate in Katwe is attributed to the fact that drug abuse related to behaviour patterns.

In the interview, 88% respondents agreed that it is so easily to identify the drug abusers, the respondents explained that their faces, eyes and life style can tell.

The findings clearly indicate that life style and face communicate the sign which symbolize the behaviour. It is important therefore to note that alcohol, Khat and marijuana holds an upper hand in youth's behaviour in Katwe.

In response to relationship between drug abuse and behaviour patterns both the youth and police presented similar views that drugs are responsible for the anti-social behaviours. Youth claimed that a normal person cannot fight for nothing and they always feel ashamed to do something wrong in the society but because of the desire for surviving they abuse drugs and get involved in robbery in order to satisfy their demand. The police confirmed that when they arrest those who got involved in crimes because of drug abuse influence the following day they are normal and they act as different people behaviour wise. Therefore such arguments indicate that drug abuse is much related to behaviour patterns.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This Chapter presents the discussion, conclusion and recommendations rising out of research findings in chapter four and suggestions for further research.

5.1 Summary of the findings

Data was collected from a total number of 46 respondents of both male and female with 36 male making it 78% and 10 female making it 21% respectively. Most of the respondents are under the age group of (15-30) years youth 63% and other respondent's community leaders, police officers who were above the age group were 80% respondents eight were police officers 80%, youth 75%, community leaders 80% with police officers there was officers between the age group of (18-35) therefore were considered to be youth. From the data collected youth abuse drugs such as alcohol ranked to be number one and the respondents 76% believed that alcohol is the most abused drug 63% agreed on marijuana to be the second illegal drug to be abused among the youth, 47% respondents believed that Khat is next to marijuana and the population of the user is increasing year after year.

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

69% of respondents stated that majority of the youth abuse drugs during their leisure time, and those who have nothing to do are using the free time to abuse drugs. Others when they are stressed, the availability of drugs in Katwe at a low price also attracts the youth to abuse drugs.

Failure for parents to do their responsibility as parents and the housing style of Katwe was a reason behind the abuse of drugs according to 61% of the respondents media influence, and role models who abuse drugs in the presences of the youth are influential according to 30 respondents.

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

marijuana, alcohol and Khat. The youth believed that shyness is fought by abusing drugs and the influence of drugs to totally believe to change youth's behaviours.

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

5.2 Conclusion

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

The study revealed the nature of drugs abused by the youth in Katwe slum include alcohol as the most abused and supported by 91% of respondents, Marijuana was considered to be second to alcohol and supported by 63% and then costly Khat which is supported by 48% and most of the respondents believed that the number of Khat abusers is increasing.

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

The findings indicates relationship between drug abuse and behaviour patterns respondents believed that aggression, violence, eating disorder has a connection to drug abuse, marijuana alcohol and Khat influence youth's behaviour and produce anti-social behaviours.

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

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

5.3 Recommendations

After collecting data and getting the findings, recommendations were made in line with the problem and area of study.

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

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

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

The community should be addressed and sensitized about the dangers of drug abuse this will help to reduce the number of youth who are increasingly learn to abuse drugs and the community will stop to protect drug abusers and this should be done by the parents and the local authorities.

Strong laws are needed in Uganda to handle the drug abuse cases and in this area more social workers, Counsellors and social development psychologist should be employed by the police and KCCA to handle the victims professionally.

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

5.4 Final Conclusion

This study indicates that drug abuse is the manufacturer of anti-social behaviours among the youth in Katwe. This is not only affecting the youth or their families but the all community.

Since the country's high population is youthful the implication is that drug abuse is more likely to limit the country's development, in terms of social, economic and psychological future. Therefore change is desired and quick response is needed to save the high population from the danger of drug abuse. It is therefore a need for the whole members of the community to act in order to solve this problem of drug abuse in Katwe.

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APPENDICES

RESEARCH INSTRUMENTS

Appendix. 1 SECTION A: DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS.

1. AGE.

- a) 15-20 ☐
- b) 21-30 ☐
- c) 31-40 ☐
- d) 41-50 ☐

2. GENDER.

- a) Male ☐
- b) Female ☐

3. LEVEL OF EDUCATION QUALIFICATIONS.

- a) Secondary. ☐
- b) Diploma. ☐
- c) Bachelor's degree. ☐
- d) Master's. ☐
- e) PHD. ☐

4. OCCUPATIONAL LEVEL.

- a) Employed. ☐
- b) Self-employed. ☐
- c) Unemployed. ☐

5. MARITAL STATUS.

- a) Married. ☐
- b) Single. ☐
- c) Divorced. ☐

6. RELIGION.

- a) Catholic. ☐
- b) Protestant. ☐
- c) Muslim. ☐
- d) Others. ☐

SECTION B: NATURE OF DRUGS ABUSED.

How do youth get access to these kinds of drugs?

.....

SECTION C: RELATIONSHIP BETWEEN DRUG ABUSE AND BEHAVIOUR CHANGE.

What is the relationship between drugs and behaviour change?

.....

SECTION D: BEHAVIOURS CAUSED BY DRUG ABUSE.

What kind of behaviour is caused by drug abuse?

.....

SECTION E: TYPES OF DRUGS ABUSED.

What are the types of drugs being abused by the youth?

.....

SECTION F: SIGNS OF BEHAVIOURS RELATED TO DRUG ABUSE.

What are the signs of behaviours related to drug abuse?

.....

SECTION G: EFFECTS OF DRUG ABUSE.

How does drug abuse affect the youth and the society?

.....

SECTION H: SOLUTIONS TO DRUG ABUSE.

How does the society deal with the youth who abuse drugs?

.....

What should be the lasting solutions to drug abuse among the youth?

.....

Appendix: 2 Transmittal letter for the respondents

Dear Sir/Madam

I am a student of a Bachelor's degree of Social Work and Social Administration at Kampala International University. My study is entitled: The relationship between drug abuse and behaviour change in Katwe slums Makindye Division. Within this context may I request you to participate in this study by answering the questionnaire, kindly do not leave any option unanswered and any data you will provide will be for academic purposes only and no information of such kind will be disclosed to other people.

I hope to retrieve the questionnaire within five days, thank you very much in advance

Yours faithfully

Apiyo Brenda

Appendix: 3 Research budget schedules of research activities

Activity	Description	Expenditure
Transport and communication	Phone calls, transport to the field	50,000UGX
Secretarial services	Typing, printing and binding	70,000UGX
Total		120,000UGX

Activity	Months
Research proposal preparation ,submission and Approval	Feb 2016
Field preparation and data collection	June, July 2016
Data analysis and editing	August 2016
Final research presentation and submission	September 2016