

**THE EFFECT OF DRUG ABUSE ON THE BEHAVIOUR OF PUPILS: A CASE
STUDY OF KALAWANI ZONE, MBOONI DISTRICT, KENYA**

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**A RESEARCH REPORT SUBMITTED TO THE INSTITUTE OF OPEN AND
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DECLARATION

I hereby certify that this research report is my own original work and not a duplication of any type whatsoever. I also certify that the report has never been presented to any institution of higher learning for any award.

Sign 

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Date 30.8.2008

APPROVAL

This work has been done under my supervision as a University Supervisor, and submitted with my approval.

Sign _____

OKETCH CHRISOSTOM

Date: _____

DEDICATION

This research is dedicated to my husband George Muia who has made a difference in my life and our children who have brought us love and an added meaning to life.

ACKNOWLEDGEMENT

I would like to extend my sincere gratitude to Kampala International University for having opened a way for me to pursue this course.

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DEFINITION OF OPERATIONAL TERMS

Drug: this is a chemical other than food that is taken into the body to affect its process.

Drug abuse: This is the excessive drug use that is inconsistent with acceptable medical practice or taking more drugs than the body is able to metabolize to produce good or positive results.

Drug misuse: This is taking any drug for a purpose other than it was originally planned e.g. Overdosing one self with malarquin tablets in order to get well faster. This may cause fatal results.

Drug addiction: This is the condition where an individual cannot do without taking a certain drug. It is the psychological habit formed by the body for craving to take a particular drug e.g. cigarettes, alcohol.

Drug tolerance: The ability of the body of an individual to withstand the effect of a drug or the condition where the blood system has the ability to hold the drug without necessarily showing any signs.

Drug trafficking: This is the buying and selling of illegal drugs.

Hallucinations: Hearing or seeing imaginary sights and sounds, usually because of drug or illness – but this time, as a result of drugs.

Drugged: This is to be in an abnormal state such as unconsciousness of behaving strangely because of drugs.

Withdrawal effect: These are the effects of giving up a drug and unpleasant feeling that accompany it.

ABSTRACT

The study carried out an investigation on the effect of drug abuse on the behaviour of pupils in regular primary schools. The study was carried out from Kalawani zone, located in Mbooni District of Kenya.

Available literature indicates that a number of factors are responsible for the incidence of drug abuse among the youths. The most profound ones include; peer pressure, stress, burnout, distorted/ corrupted values, breakdown of traditional values, pressure from work, lack of employment school pressure among many other factors

The researcher applied both qualitative and quantitative research design in presenting and interpreting the research findings. The technique of data collection used was mainly the use of questionnaires and interview schedules. Selection of the samples was based on a simple Random sampling procedure so as to give all the respondents equal chances of participating in the study.

Research findings revealed that drug abuse has impacted negatively on the behaviour of pupils ranging from school dropout, poor performance in school, psychological torture, health hazards, aggressive behaviour, memory loss, to mention.

A number of measures have been recommended so as to put the practice of drug abuse to an end or atleast to reduce it to a minimum. These measures among others include; creation of awareness on the dangers of drug abuse, penalties against the offenders, parental guidance and counseling, creating a stress free environment for pupils in schools, good community role models to mention.

Psycho-active drugs: These are chemicals which when introduced into the body of an individual will affect the mood, behaviour, and the mental capacity of an individual or the user.

Influence: This is the disposition of nature or temperament as need to be the result of astral influence.

Discipline: This is the method for the maintenance of order or a system of needs for conduct.

Dependency: It is a condition whereby a subject continues to use a drug for psychological physical reasons. They claim they need it to function normally.

Euphoria: This is an exaggerated sense of well-being that is induced by drugs or other substances.

Cross-tolerance: This is a condition whereby after the body acquires tolerance for one drug it may also acquire it for similar types of that drug.

Lethal dose: This is minimum drug amount required to cause death.

Polyabuse: This is the abuse of several and different drugs at the same time and the effects may be more complicated.

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CHAPTER ONE

INTRODUCTION

1.1 Rationale of the Study

Education plays a big role in the development of Kenya. The government has made a tremendous effort to implement Education For All (EFA) goals. It has designed programmes to improve the quality of education. The government has also targeted disadvantaged and vulnerable groups who had no learning opportunities before. It calls for a holistic approach to education, which involves expansion of early childhood education, provision of free and compulsory primary education to all children who have attained school going age. This promotes learning and development of schools for both the young and adults.

Despite the good effort made by the government to see every child have access to free primary education, there are factors that have worked in isolation so as to put these children out of school environments and among this are the incidences of drug abuse.

Most young youths who would be at school are seen loitering in the streets without any productive activity that would give them a living. Such youths therefore end up in miserable lifestyles that cannot support their general well-being be it physical, psychological, social, emotional and above all, having the capacity to accommodate school needs and interests that would change their life styles.

The end result has been addiction to drugs as the only option available to them so as to forget their problems. The drugs that they mostly consume include; alcohol, cigarettes, miraa, kumikumi among others.

1.2 Statement of the Problem

Causes of indiscipline among pupils are increasing at an alarming rate in the schools which are in or near major towns in the zones and the districts as a whole. The pupils are involved in all sorts of undesirable behaviour and as such, the problem needs urgent redress since our country banks are the youth to assume and take up leadership roles when the old generations retire. As a result, the youth need to be adequately prepared to take up these duties and roles with a lot of determination.

If the trend of drug abuse among the youths most of whom are in primary, secondary and colleges does not change, then the country will not have enough personnel to take up responsibilities. The continued taking of illegal drugs by our youths in educational institutions have affected them psychologically, socially, physically and mentally, hence of them would be put in position of responsibility. This is because they cannot be trusted at various levels of administration.

This research has therefore assumed that the changes of behaviour have been influenced by drug abuse by the pupils. The research has also established the sources of these drugs and the prevalence.

1.3 Purpose of the Study

The study was intended to establish the causes and impact of drug abuse towards influencing the behaviour of pupils in regular primary schools taking Mbooni District as a case study.

1.4 Objectives of the study

The general objective of this research study was to establish the effect of drug abuse on the behaviour of pupils taking a case study of Kalawani zone in Mbooni District.

1.5 Specific Objectives

The study was guided by the following specific objectives;

- ❖ To establish the causes of drug abuse among children/pupils in primary school
- ❖ To establish the commonly abused drugs in the District
- ❖ To assess the effects of drug and substance abuse in relation to pupil's behavior both at home and at school
- ❖ To establish alternative measures that can help reduce or put to an end the practice of drug/substance abuse.

1.6 Research Questions

The study was guided by the following set questions

- ❖ What are the causes of drug abuse among children/pupils in primary schools?
- ❖ Which drugs are commonly abused in the District?

- ❖ How does drug/substance abuse affect the behaviour of pupils both at school and at homes?
- ❖ What alternative measures can be put in place to help combat or reduce the prevalence of drug abuse?

1.7 Significance of the Study

This study was carried out to establish the effect of drug abuse on pupil's behaviour in regular primary schools. The findings of this research study are beneficial to the following stakeholders;

Research study helps parents towards monitoring their children at home so as to eliminate the practice of drug abuse among their children.

It calls upon the attention of the government in arresting drug traffickers and those who abuse drugs and this is an avenue that can help reduce the high levels of drug abuse prevalent in the country.

Research findings puts the pupil's themselves in a state of monitoring each other's behaviour both at school and at home so as to detect which peer group abuses drugs. This can help since those who are drug addicts can always be reported to both the parents and teachers at school.

Research findings draw the attention of Head teachers on the need to institute mechanisms of identifying such learners who addict themselves to drugs. This is beneficial in that such learners can be guided and counseled accordingly.

The study gives insight to guidance and counseling personnel on the need of guiding and counseling learners who are addicted to drugs not only at primary levels but in other higher levels of education and most especially at institutions of higher learning.

Research finding also calls upon the attention of parents on the need of instituting monitoring avenues so as to detect their own children at home. Such monitoring includes; observing their behaviors and discipline problems including understanding the forces behind their actions. This has a high percentage of detecting children who engage in drug abuse.

Teachers at school are hereby also questioned to detect the signs of drug abuse among the learners in their schools. This is intended to identify such learners and report them to their parents amidst disciplining them at school.

1.8 Scope of the Study

The study was carried out from Kalawani zone, Mbooni District in four (4) primary schools. Among the schools visited, two are mixed primary boarding schools. The study concentrated on teachers, pupils and parents from the targeted schools. Parents in the zone understand the meaning of education and hence, they were willing to give out any information relevant to the study.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter reviewed some of the related literature and provided a basis upon which the researcher developed significant problems of the study. It also formed a basis for analyzing and interpreting the data collection from the field.

2.1 Related Research Studies

Much has been said about the problem of drug abuse among Kenyan youth and the consequential effects of the same. This has been generalized among all the Kenyan youth but this study has walked an extra mile to explore the implications of drug abuse on the youth who form the largest percentage of Kenyan population. Most of the youth are adolescents in primary and secondary schools. This research sought to identify the causes of drug abuse, the difference in use among the female and their male counterparts, the viability of the drugs, their effects on pupils who engage in trafficking and abusing the drugs and finally it has outlined the related problem to drug abuse and possible solutions in order to help the youth in our educational setting to excel in education.

2.2 Definition of Drugs

A drug is a substance (other than food or water) which when taken alters the state and function of the body. Drugs can be taken through the mouth, injection using hypodermic needles, nostrils (snorting) or as ointments and pessaries (rectal or vaginal). The

government report released in August 1999 related drug and drug abuse to devil worship. The report defined drugs and drug abuse as the slow killer, even worse than HIV/AIDS.

A survey recently conducted in Nairobi (1992) by preventive health education on youth involvement in drugs and responsibility in prevention described drugs as hydra-headed, monster. Many researchers have pointed out that drug/drug abuse and Satanism go hand in hand. Indeed evidence was given to indicate that at the initial stages, new members are first drugged to enable them to cope with the grisly rituals involved in devil worship.

2.2.1 Definition of drug abuse

Drug abuse has a wide range of definitions. Any drug is said to be abused if used for any purpose other than that which it is intended and in a way that could damage user's health or ability to function normally.

“Drug abuse is simply the use of any legal or illegal drug/substance when it is detrimental to health and well being for physical or psychological reasons”. This is according to consultant psychiatrist, Professor David Detei in the Nation Newspaper on 3/7/1997. He also added “Whereas AIDS will physically kill our youth; drug abuse will psychologically and behaviorally kill them. The combination of the two is a catastrophe that will wipe all that we have invested”.

Both legal and illegal drugs are abused if;

- ❖ Used for the wrong health problem

- ❖ An overdose of the right drug used
- ❖ Inadequate dose, of the right drug is used
- ❖ Entertainment substances such as alcohol, tobacco are excessively used
- ❖ Habit – forming drugs are used for too long
- ❖ Addiction causing drugs are used repeatedly.
- ❖ Use of prohibited drugs such as bhang is an abuse in any circumstances.

2.3 Causes of drug abuse among pupils

Man has abused drugs since time immemorial. However, due to unprecedented pressures and challenge of our times, the problem has reached alarming proportions and poses a great menace and especially to our youth in both primary and secondary schools not forgetting those in colleges.

In a meeting of principals from Thika and Maragua districts at Chania High School on Friday (19/9/03) psychiatrist Dr.Gateere put the matter this way....”the nation is under attack”.

There are many factors which lead to pupils exposure and abuse of drugs as discussed below; According to Mutie and Ndambuki (1999), peer pressure has really played a very significant role in making the start in abusing drugs. Socialization is an essential part of growing in all cultures. Pupils have to work play and pray together among other things which they do together. Some peer exerts considerable influence on others. Some of the pressures are negative peer pressures which drive some young people to trying out drugs

in the course of which they get addicted. As one is initiated into the peer group, it requires him/her to do things as everyone else in the pack in order to “belong” to the group.

Another cause would be negative-self-image. This simply means one’s own opinion of oneself. Fortunately or unfortunately majority of the youth are raised by parents and cultures which imprint negative self-image and a sense of inadequacy in the youth whose effects are long lasting. The tough character seen in the TVs, videos or reading about in books draws them like nectar does to bees because they want to associate themselves with people who have a self-worth image. The youth of today are easily swayed by their search for heroes and ideals.

Stress is yet another factor which led the youth to drug abuse. Life has real problems, challenges and frustrations. The new developments and forces bring us to more and more stress they include overcrowding, rapid pace of life, insecurity and rapid technological advances. All these violently change what people are used to. Alvin Toffler in his book (future shock) pointed out how some would get adaptation breakdown. Sometimes one feels like you would fall into pieces.

Burnout is yet another cause of drug abuse among the youth. When the parents become perfectionists and set unrealistic goals for youth to make it in high grades which themselves never achieved. The teachers follow pressurizing for the same. As if this is not enough, the pastors and peers demand the same high grades in order for the youth to

get approval from the groups, the youth feels pulled into different directions and gets classroom burnout. That is he never cares whether the grades are raised or not. These lead to development of bad feelings and stress. For such a youth to get a soothing feeling, they turn into drugs.

2.3.1 Distorted/corrupted values

There are distorted values in advertisements like “success”, heroism” “tough” which are leading the youth to abusing the drugs. Our youth shouldn’t get lost in the confusion of different moral signals.

Njoki (2000) in his book (violence) wrote that you eventually become what you habitually view or read. Very few youth for example miss wrestling shows. How good is the heroism that involves hurting or killing another person? In the year (2001) the Kyanguli episode, some youth burnt their brothers to death (60 of them). In the same year in USA, one youth shot dead fifteen of his colleagues in a school. In such cases drugs have been blamed but a mindset of violence is increasingly being acknowledged as a culprit. We first create our social world and its circumstances by the values that we cherish.

Lack of sound morals; these are absolute morals of right and wrong and we need them now than ever before. Some new age philosophies such as there is really nothing good or bad: it is all in your thinking, one man’s meat is another man’s meat is another man’s poison. All these are misleading the youth and they take things at the same level. The



youth want to be left free to rob others, practice homosexuality, worship Satan or even engage in sexual orgies as if in a world of their own.

Curiosity is another factor leading the youth to abuse drugs. We are created as curious beings but curiosity is a double-edged sword. Curiosity is a positive force in that it has led men to unlock the secrets of nature. However it becomes a negative force when it leads to long experience and experiment with that which is dangerous, forbidden and the unknown such as drugs and the occult. The effects of drugs are described by some as good, exciting, and wonderful. This urges many youths to want to 'find out' if that is true, the pupils see their seniors get into occult in search for power, riches or fame. Later the pupils want to practice the same.

The quest for the ultimate happiness. Many pupils and youth get into the world of drugs while looking for complete happiness and reality. The pupils are fooled by the short lived, effects of drugs in which afterwards they go back to reality and the problem gets worse. John white another renowned psychiatrist and an author of several books put it this way in one of them.

Please it is as difficult to pursue as the end of rainbow. Look for pleasure and you will never find it for pleasure is a bi-product, a side effect...it takes us by surprise when we are looking for something else. SEEK GOD and you will find among other things, piercing pleasure. The eminent psychiatrist, Victor E. Franklin, in his book, the director and the soul puts it this way:

The spirituality of a man is a thing-in-itself: It cannot be explained by something unspiritual.

Boredom; most pupils discard their morals and values and emptiness fills their lives. Hence they look for something to fill, their lives and make them complete again.

2.3.2 Breakdown of traditional values

The traditional culture had effective ways of teaching positive values and it gave people a sense of identity and belonging. Today there is fierce conflict between the western and the traditional values with the former getting the “upper hand” many pupils feel confused in this conflict and are left wondering which way to go. The traditional values are now looked down on as primitive. In this way restraint to evil is condemned as an infringement to your freedom. The pupils here run away from responsibility but they are caught up in the consequences of irresponsibility. Each of our actions inevitably has reactions and consequences for good or bad.

The pressure of adolescence; this is the teenage period, roughly between 13-20 years. Psychologists agree that it is the most turbulent period in our growing up-also called a time of crises. At this time, the pupils feel pulled to different directions. Pressurized to make life choices without sufficient information and experience, at such times, the adolescents don't take the parents advice because they refer to them as old fashioned. They want to discover, search, experiment and experience things. In the process of the new searching, they take drugs.

Devil worship and easy availability of drugs are other factors which have led to youth abusing drugs.

Wansohi (2002) observes that the older generation has been a bad role model to the youth hence influencing the young generation into drug abuse. This they have done by smoking, alcohol taking sniffing of tobacco by the elderly in presence of the youth. Some teachers in the school smoke openly and it becomes hard to tell the pupils not to smoke. In fact the pupils take the smoking and alcohol taking as fashionable and civilization when they do what the adults are doing.

Some youth take drugs out of ignorance. Muchai (2006) put it that some pupils get into drug abuse due to lack of awareness of the dangers involved in taking or abusing drugs. Most of them can't tell why they smoke, drink or sniff tobacco. They are quite ignorant on drug education and the general problems associated with them.

2.3.3 Home life

Domestic problems at home drive many people to drugs and alcohol abuse, when seeking company, solace or even comfort. When children miss parental love and guidance or moral support, they seek it among their peers, who may understand and share their problems. If the new friends are drug and alcohol abusers, they also follow them for identification.

2.3.4 Schools

Some children get more pocket money than they need. They may also get such money from other sources e.g. from their uncles, aunts etc since they may not know how to use such money sensibly, they may begin using it on drug and alcohol. In this way, they become drug abusers.

2.3.5 Lack of employment

Schools drop-outs and both school and university leavers may turn to drugs when they miss jobs. This becomes a way of releasing their energy due to frustrations.

2.3.6 Pressure of work

Some people turn to drugs and alcohol due to pressure of work and demanding responsibility.

2.4 Types of drugs commonly abused

2.4.1 Opium

This is a depressant and works on the user's central nervous system. It falls under the sedatives group. When used over a prolonged period it causes addiction. Drug trafficking secretly sell this drug to delinquents and to school youth. Withdrawal symptoms such as diarrhea, nausea, chills, fever, muscle cramps, severe weight loss, running nose and watery eyes appear. The patient becomes very sick and may need hospitalization.

2.4.2 Barbiturates

These are depressants of the central nervous system. Prolonged use leads to tolerance to the drug, so that the dosage may be increased to produce the desired effect. Sudden withdrawal from the drugs may lead to sudden death. Withdrawal symptoms such as anxiety, tremors, rapid pulse rate, high temperature and convulsions; bearing resemblance to epileptic fits appear, prolonged use of barbiturates causes addiction.

2.4.3 Tranquilizers

Tranquilizers fall under the sedative category and function by reducing muscle coordination and mental alertness causing drowsiness. These are less widely used though some are used to calm aggressive mentally-sick patients. They also cause addiction if used over a long period.

2.4.4 Amphetamines (stimulants)

These are types of drugs that stimulate the central nervous system. Beverages which are commonly used at home contain small doses of caffeine, tea, coffee and coca-cola contain caffeine, and miraa contains amphetamine prolonged use causes habituation.

2.4.5 Cocaine

This is mainly used by surgeons as local anesthetic. Continued use may lead to tolerance and addiction. Cocaine can lead to toxic effects such as confusion, palpitation, vomiting, convulsions, circulatory collapse, and rapid pulse in sensitive individuals even when applied locally.

2.4.6 Bhang (Marijuana)

Marijuana is an illegal drug. It gives the user a pleasant relaxed and mild euphoric feeling as well as changed perception of space, time reality. It is an abused drug and is sold illegally by drug traffickers mainly among the youth.

2.4.7 Alcohol (beers, wines and spirits)

If taking of alcohol becomes a habit, the person concerned reaches a stage of addiction. Addiction to alcohol is described as alcoholism. An alcoholic cannot do without alcohol and this adversely affects his physical, social, emotional and economic well-being.

After a day's or nights drink, the alcoholic suffers from depression usually described as a hangover. The patient suffers from nausea, headache, heartburn and general ill-feeling. Prolonged use of alcohol damages the liver and the mucus lining of the stomach giving rise to stomach ulcers and it also damages the brain, upper part of the duodenum causing duodenal ulcer. All these health problems become fatal if not corrected in good time.

2.4.8 Tobacco

Tobacco contains nicotine which causes addiction to the user. Carbon monoxide released by cigarettes interferes with the oxygen context in the circulatory system.

Smoke from cigarettes damages the lungs of the smoker and the people who constantly share the smoke from him. Some smokers develop chronic chest infections, while others get cancer of the lungs which is fatal.

Tobacco used in the mouth destroys teeth and the gums. The teeth become discolored and mouth develops an offensive smell and become unsightly.

2.4.9 Petrol

This is liquid sniffed by young people especially street children.

2.4.10 Heroin

This is a fine white brown powder that is found in tablets, liquid or capsule form. It is snorted, smoked, or injected, it is rarely drunk.

2.4.11 Mandrax

This is found in liquid form. It is used for its relaxing effects. Ingested in pill/capsules form and can lead to addiction.

N.B Tobacco and alcohol are known as gateway drugs because many young people who become drug users begin with them.

2.5 Effects of drugs to pupils' behavior

Drugs have disastrous effects on the pupils and their damage can be irreversible. It is difficult to exhaust the full range of harmful effects of drug abuse. The intensity of the effects varies depending on the kind of drug, dosage and a number of other factors.

Generally, the effects can be divided into three broad categories.

- a) Psychological effects

b) Physiological effects

c) Social effects

2.5.1 Psychological effects

The first psychological effect is addiction. It is defined as a compulsive use of a habit forming substance where the users lose control over its use. This leads to alteration of the normal functions of the body, which necessitates the continued presence of a substance which when not used; the body shows reactions that are collectively known as withdrawal symptoms. The clinical view of addiction is that it is a disease. It sets in motion effects that will eventually destroy the victim.

The victims who are the pupils for now experience impairment of mental faculties. These include reason, judgment and intellectual which affect their class work tremendously. The mental faculties' impairment can result in hallucinations, illusions, and delusions among others. Drug abuse leads to undermining of will power leading to enslavement and destruction of health. According to Sunkuli (2004), he observes; “.....at times drug abuse leads to violent behaviour, weak performance in schools and eventual reduced productivity in any aspect of life”.

Another psychological effect in those who take drugs is that the drug numbs the conscience's moral sensitivity. The victims may no longer care whether he died or lived. Such pupils become bullier in the schools because, they don't care what happens to them. Pupils who take drugs are associated with guilt. Some results in committing suicide rather

than continue their wretched lives. Guilt is harmful to their health. Some pupils develop synesthesia-they claim to 'see' colours or 'hear' sounds which are technically impossible. Psychologically, drug abuse retards emotional growth. This results in taking drugs too to hide from reality instead of facing the challenges of life. We deny ourselves a vital opportunity for emotional growth and maturity.

2.5.2 Physiological Effects

Drugs harm our bodies directly or indirectly. Those pupils who take drugs face malnourishment their minds are more pre-occupied with the drug than their nutritional needs. Some pupils skip their meals lowering their resistance to diseases. Deaths also occur as a result of overdoses, suicides, accidents or malfunctions of the body organs such as liver cirrhosis. Pupils who abuse drugs get infections easily due to lowered immunity. It weakens the pupil's bodies by undermining our zest for living and brings a lot of misery into their lives.

2.5.3 Social effects

When the pupils are under the influence of whatever kind of drug, they become violent and as a result, there has been so many riots in Kenyan schools some of which cause terrible murder of their friends (e.g.) the Kianguli Tragedy (in 2003). In this tragedy, more than 60 students were burnt by their colleagues beyond recognition.

Crimes have also increased in the schools since these drug addicts will do anything to get money to purchase the drugs. Social character is also undermined in that pupils would

trust a drug addict in the society? There is the wastage of finances since the drugs are expensive to purchase. Some pupils and the youth spend their school fees purchasing the drugs and as a result, they put their parents into problems. Drugs reduce the ability to think in pupils.

Njoroge (2004) "Alcohol acts as a narcotic in the brain, putting nerve sell to sleep. This affects the areas of the brain centre; the pupils become depressed as the blood alcohol levels rise causing impaired vision and poor general coordination of movement like walking. In the entire unconsciousness, the brain can be shut down to a point of passing out". He continues saying that "It is only fair to deduce that a pupil under the influence of alcohol cannot behave as expected of them".

Indiscipline has skyrocketed in the schools. Such indiscipline cases include trivial crimes like lateness, absenteeism, truancy and general rudeness among pupils. Due to drug abuse, many pupils have found themselves at awkward and embarrassing conditions. Since some drugs are depressants and others are stimulants, either of these conditions is undesirable to pupils. Some have greatly been affected beyond repair and as such, they have either gone crazy or mad. This is quite a horrible state since they have reduced themselves to wrecks, become social misfits and maladjusted to the society.

Too much alcohol in the body results in maladaptive behaviour changes. These changes may include aggressiveness, impaired attention, irritability, euphoria, depression and

emotional liability and other manifestation of impaired social or occupational functioning.

2.6 Alternative measures against the practice of Drug abuse

2.6.1 Create awareness

Giving preventive education to the society would be of great help towards the long road to saying no to drug abuse. The society needs the knowledge on what drugs are, their availability, what causes their abuse and the dangers they pose to those who abuse them. The awareness is created to all the parents, pupils and the teachers as well. This could be done easily by teachers working as a team, guidance and counseling departments, a group of people in a movement called (act now) who go public and tell the public of such scourges as HIV/AIDS and drug abuse. In the awareness, preventive measures are also given.

2.6.2 Stress free environment

Mutie and Ndambuki (2003) highlighted the importance of ensuring stress free environment in schools and creating a conducive academic environment. Each pupil should be given the opportunity to shine and excel in an activity of their choice. Encourage the pupils to build positive self-image and develop the attitude of “I can make it” in themselves. This improved the pupils ‘self esteem’. The school is also expected to develop wide range of co-curricular activities such as sports, drama, music, and clubs to keep the pupils occupied and fully involved in useful and beneficial activities.

2.6.3 Strict Penalties to abuses and traffickers of Drug

Asembo (2003) insists on the schools to draw upon and enforce strict penalties for those found abusing drugs or trafficking them. The victims (pupils) should be guided and counseled, warned and if the habit persists, such pupils should be expelled from school to serve as an example to others. Punishment should be administered to deviate pupils and those who exhibit unbecoming behaviour. The police can also be brought into use here.

2.6.4 Guidance and counseling services

Wanjohi (2004) insists on the need to employ trained guidance and counseling teachers to handle the problem regardless of the locality and size of the school. The teacher's service commission in conjunction with the ministry of education should Endeavour to train many guidance and counseling teachers. Holding seminars with teachers, organizing workshops for them since the pupils really must be helped from this deadly scourge is instrumental.

2.6.5 Monitoring and Reporting Traffickers

Those selling and trafficking drugs should be reported and legally punished. Selling drugs to pupils is really suicidal since the peddler has no mercy to pupils. They should be identified and punished despite how well they are connected to the status and to the school.

2.6.6 Good role models

The parent is one party that is paramount importance here. In parent lies the single most important group that can help make a significant change through the preventive education. Daniel Coleman (1999) in his book Emotional Intelligence observed;

“Prevention wars are more logical and needed to teach children skills that will help them avoid the risks early enough. This course does not underrate other causative factors...” parents and the general public should be good role models for the young generation to emulate. Homes need to be functional and careful of what their children are doing. Overstreet (1995) has observed that many parents are perfectionists; they are never easily satisfied...parents demand too much from the pupils academically stressing the pupils and leading them to abuse drugs. Parents ought to be behavioral models. Overstrict parents are older and more experienced than their children. The parent’s role is to guide them rather than tyrannize them over or to relieve them altogether of opportunities for self-reliant enterprise.

There is an obligation upon adults in a community to provide the forms of recreation that seem to have proved themselves most fruitful in happiness, vigour and good. The schools in conjunction with the ministry of education should create room for guidance and counseling sessions within the syllabus to facilitate the teachers to assist their pupils. Teachers should also be good role models at schools for the pupils to copy from.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0. Introduction

This chapter dealt with data collection techniques and procedures, study area, research design, sample size and methods of data analysis and presentation. The focus of the research was based on people's views, opinions and beliefs held about the effect of drug abuse on the behaviour of pupils

3.1. Area and Population of the Study

The study was carried out in Kalawani zone, Mbooni District. This area was chosen because the researcher hails and works in within the District and therefore, aware of the prevalence of drug abuse towards affecting the behaviour of pupils who indulge in it.

3.2. Sample Selection

The study population consisted mainly of school-going children, teachers and parents. There were questionnaires specifically designed for the teachers and pupils and an interview guide that was directed to the parents.

The pupils who were approached for answers were drawn from std 7 to std 8 and selection was based on their sex and interviewed in groups of ten (10) or given questionnaires to fill in.

A total of forty (40) teachers and twenty (20) pupils were administered/given questionnaires, and close to twenty (20) parents interviewed.

3.3. Data Collection Techniques

This study employed both qualitative and quantitative research design in the process of data collection, analysis and presentation of the research findings.

3.4. Questionnaire Forms

These were used to collect views and data that were represented quantitatively. A total of forty (40) teachers, twenty and close to twenty (20) pupils were requested to fill the questionnaire forms within a period of two weeks in order that they are given ample time to give adequate information.

3.5. Observation Method

This method of data collection was also employed to enable the researcher to critically see the effect left behind among the youths who have become addicted to drugs. Checking and observing their daily lifestyles were very instrumental and helpful in supplementing the other data collection techniques.

3.6. Secondary Data

Documentary sources were also made use of and these were obtained from Kampala International University main library, Kenyatta University main library, Internet, Journals Magazines, Newspapers and other periodicals. This gave a general background of the effect of drug abuse on the behaviour of pupils.

3.7. Data Analysis

The researcher using questionnaire forms to both the teachers as the key informants and pupils in addition to interviewing the parents managed to compile a quantitative and qualitative research.

Analysis of the research finding was based on the content of the survey given the fact that they were both qualitative quantitative data in nature and analysis. This was facilitated with the use of tables to summarize the findings and this was done with the aid of frequencies and percentages.

3.8. Encountered Limitations of the Study

- ❖ The most limiting factor to this research study was the inadequate fund and limited time in which to conduct the research.
- ❖ The respondents expected to be paid for their time spent when being interviewed and filling in the questionnaire thus, some respondents deliberately refused to deliver the information relevant to the study.
- ❖ The research was time consuming and very tiresome since it involved the making of movement from place to place to obtain relevant information to the research.
- ❖ Some schools were actually far away from the main road making it hard to access them during the rainy season.
- ❖ Language barrier was a problem to some respondents. Thus, some respondents were not in position of reading the questionnaires in addition to the interviews conducted by the researcher. Thus, though they would have wished to participate in the study, they were unfortunately limited by the very fact that they cannot understand the medium of communication used.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.0 Introduction

In this chapter, the researcher presents the findings of the study following the study objectives as well as the set research questions.

4.1 Profile of respondents

Table 4.1: Profile of the respondents

| Category | Frequency | Percentage (%) |
|------------------------|-----------|----------------|
| AGE | | |
| 38-42+ | 12 | 15 |
| 33-37 | 10 | 12.5 |
| 28-32 | 25 | 31.2 |
| 23-27 | 23 | 28.7 |
| 18-22 | 10 | 12.5 |
| Total | 80 | 100 |
| GENDER | | |
| Male | 54 | 67.5 |
| Female | 26 | 32.5 |
| Total | 80 | 100 |
| MARITAL STATUS | | |
| Single | 29 | 36.2 |
| Married | 51 | 63.7 |
| Divorced | None | 0 |
| Total | 80 | 100 |
| EDUCATION LEVEL | | |
| Masters | | |
| Bachelor | 8 | 10 |
| Diploma | 29 | 36.2 |
| Certificate | 30 | 37.5 |
| 'A' Level | 13 | 16.2 |
| | None | 0 |
| Total | 80 | 100 |

Source: Primary Data

Table 4.1 above gives a generalization about the profile of respondents who participated in the study. These include the following:

4.1.1 Age

The findings of the study revealed out that; respondents who participated in the study had varied age groups. Accordingly, respondents in the age bracket of 18-22 and 33-37 had similar percentages of 12.5%. In addition, those within the age bracket of 23-27 constituted 28.7% and the age bracket of 28-32 made up to 31.2% of the total number of respondents.

4.1.2 Gender of the Respondents

According to the research findings as illustrated in table 4.1 above, female respondents who participated in the study constituted 32.5% of the total respondents. In addition, the male respondents constituted the highest percentage of 67.5% of the respondents who participated in the study.

Though there were some big differences between the percentages of both the female and male workers, it is quite common to find such a phenomenon in most organizations whereby the male workers tend to dominate over the female workers.

4.1.3 Marital status of the respondents

Study findings revealed that the respondents to the study were either single or married spouses having different activities and responsibilities of both teaching as well as taking other responsibilities outside school settings.

36.2% of the respondents were singles who were both men and women not yet married.

63.7% of the respondents were married spouses in the teaching profession.

4.1.4 Education level of the Respondents

Study findings revealed out that the respondents who participated in the study had diverse academic qualifications in the different fields as far as education/teaching is concerned.

16.2% of the respondents had certificates in teaching as compared to 37.5% who had attained diploma level qualification. Research findings revealed that respondents who had Bachelors degrees were 36.2% of the total percentage of respondents who participated in the study. An addition, it was discovered that respondents with masters qualifications constituted 10% of the respondents.

4.2: Causes of drug abuse among pupils

Table 4.2: Causes of drug abuse among pupils

| Causes | Frequency | Percentage |
|--|-----------|------------|
| Peer influence | 40 | 50 |
| Lack of parental guidance and counseling | 20 | 25 |
| Stress | 15 | 18.7 |
| Desire to forget problems | 5 | 6.2 |
| Total | 80 | 100 |

Source: Primary Data

According to research findings in table 4.2 above, it was discovered that one of the most common reason as to why the young generation engage in drug abuse is the influence of peer pressure as indicated by 50% of the respondents reached for information. However, the lack of parental guidance and counseling constitutes another cause for drug abuse as revealed by 25% of the respondents. Thus, the failure of parents to groom up their children and show the them the right courses of action leaves them with no option other than getting stuck in drug consumption that finally impacts negatively on their behaviour both at school and at home.

Besides the above mentioned, stress among the pupils is another cause for their engagement in drug abuse as indicated by 18.7% of the respondents. Such stress according to the respondents could be as a result of having pressure form class activities as well other school requirements that they may find themselves unable to perform and the end result might force them to fall out of school environments. Some pupils also think that drug abuse frees them from thinking about problems created by the school environment and other settings outside the school such as the home.

4.3: Types of drugs abused by pupils

Table 4.3: Types of drugs abused by learners

| Category | Frequency | Percentage |
|--------------|-----------|------------|
| Cigarettes | 30 | 37.5 |
| Miraa | 20 | 25 |
| Bhang | 10 | 12.5 |
| Kumikumi | 10 | 12.5 |
| Beer | 0 | 0 |
| Glue | 10 | 12.5 |
| Total | 80 | 100 |

Source: Primary Data

The above table accounts for the mostly abused drugs in the communities and most especially among the young school-going age in the district. Accordingly, the drugs which are mostly abused are cigarettes and miraa as reflected by 37.5% and 25% of the respondents respectively. In addition, other drugs abused in schools are kumikumi, bhang, glue, and which have got a negative trend towards influencing and determining the behaviour of pupils in the communities as a whole and school settings in particular.

4.4 Effect of drug abuse on pupil's general behaviour

Table 4.4: Effects of drug abuse on pupil's behaviour

| Effects | Frequency | Percentage |
|----------------------------|-----------|------------|
| Psychological torture | 20 | 25 |
| Memory loss | 14 | 17.5 |
| Low performance in class | 30 | 37.5 |
| School dropout | 10 | 12.5 |
| Engagement in child labour | 4 | 5 |
| Aggressiveness | 2 | 2.5 |
| Total | 80 | 100 |

Source: Primary Data

Research findings as indicated in table 4.4 above establish the effect of drug abuse on the behaviour of pupils. Statistics show that drug abuse has a negative effect to the pupils such as; it tortures them psychologically and emotionally as indicated by 25% of the respondents. In addition, 17.5% indicated that drug abuse leads to memory loss among the pupils who engage in it and thus, they cannot cope up with school/class demands if their memory cannot accommodate and retrieve what they are taught.

Besides the above mentioned, 37.5% of the respondents revealed out that drug abuse adversely impacts on the pupil's academic performance in a negative way. This is because the failure to devote and remember what is taught in class will create an environment that cannot facilitate learning. At the end, such learners cannot therefore, compete favourably with their counterparts who do not consume any drug at all.

Other factors cited by the respondents included engagement in child labour activities. This was mentioned by 5% of the respondents. Besides this phenomena, 12.5% of the respondents revealed that these pupils may be forced to drop out of school completely with another 2.5% of the respondents citing out the aggressive behaviour of those pupils who engage in drug abuse.

4.5: Drug abuse prevalent zones in Mbooni District

Table 4.5: Drug abuse prevalent zones in Mbooni District

| Zones | Frequency | Percentage |
|--------------|------------------|-------------------|
| Kalawani | 40 | 50 |
| Tulimani | 10 | 12.5 |
| Nduluku | 12 | 15 |
| Kakiiswi | 9 | 11.2 |
| Musoa | 8 | 10 |
| Others | 1 | 1.2 |
| Total | 80 | 100 |

Source: Primary Data

According to research findings as indicated in table 4.5 above, Kalawani zone ranks high with regard to the practice of drug abuse in Mbooni District a fact revealed by 50% of the respondents followed by Tulimani. Thus, the other zones also have incidences of drug abuse among its community member. It should be observed that such a scenario have influenced the behaviour of the learners in a negative way since they fall victims of circumstances.

4.6: Sex of pupils that mostly engage in drug abuse

Table 4.6: Sex of pupils that mostly engage in drug abuse

| Sex | Frequency | Percentage |
|--------------|------------------|-------------------|
| Male/boys | 70 | 87.5 |
| Female/girls | 10 | 12.5 |
| Total | 80 | 100 |

Source: Primary Data

According to the findings of table 4.6 above, it is quite clear that the male pupils outweigh the female pupils as far as the consumption of drugs are concerned in Mbooni District as indicated by 87.5% of the entire respondents interviewed. Thus, though some girls also get addicted to drugs, only a few do it as revealed out by 12.5% of the respondents. Such a finding is in agreement with other parts of the country where the boys do abuse drugs that their girl counterparts.

4.7: Measures to help combat the practice of drug abuse among pupils

Table 4.7: Measures against the practice of drug abuse among pupils

| Measures | Frequency | Percentage |
|--|------------------|-------------------|
| Creation of awareness on the dangers of drug abuse | 20 | 25 |
| Creating a stress free environment for pupils | 14 | 17.5 |
| Penalties against the offenders | 0 | 0 |
| Parental guidance and counseling | 25 | 31.2 |
| Teacher monitoring and reporting | 13 | 16.2 |
| Good community role models | 8 | 10 |
| Total | 80 | 100 |

Source: Primary Data

According to research findings with regard to the measures that can help combat the practice of drug abuse, table 4.7 explores a number of efforts from different players. Accordingly, parental guidance and counseling ranked as one of the most desirable avenue for combating drug abuse among pupils as indicated by 31.2% of the respondents.

In addition, 25% of the respondents indicated that there is need to create awareness among the community members on the dangers of drug abuse so as to get these children discouraged from such a disastrous practice. This strategy to the researcher would be one of the most desirable directions that can lead to results in properly implemented.

According to 17.5% of the respondents, since stress is one of the causes of drug abuse both among the community members as well as our children/pupils, there is an urgent need to create stress free environments among the pupils so as not to induce their minds to drug abuse as an avenue of forgetting their problems.

16.2% of the respondents mentioned the need on the part of teachers to regularly institute monitoring and reporting channels that shall give them a better insight about which pupil is getting involved in drug abuse such as cigarettes in particular. This will give them a tool of early intervention measures such as reporting such cases to parents and other higher authorities. If well implemented, such a strategy can yield results.

Lastly but not least, 10% of the respondents saw the need on the part of community members to show and exhibit good morals if our children are to be helped move away

from the practice of getting addicted to drugs. This would significantly help to have a smooth learning environment that keeps children at school.

The findings on measures that can help to minimize the practice of drug abuse show the importance of guidance and counseling by parents. However, this should go an extra mile by involving different players in the field such as church leaders to talk to the young generations in their different church programmes about the necessity of avoiding drug abuse.

CHAPTER FIVE

DISCUSSIONS, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

In this chapter, the researcher gives her final observation while discussing the main items dealt with in the study by giving her final conclusions as well as recommendations that are applicable towards solving the problem under study.

5.1 Discussions

This research study set out to identify the effect of drug abuse on the behaviour of pupils in Mbooni District as well as comparing the rate of drug abuse rates among female and male pupils. Data analyzed on the schools in Kalawani zone in Mbooni District where drugs are prevalent revealed that in every zone in the district, there is some degree of drug abuse but Kalawani zone ranks top and the reason behind this could be attributed the cheapness of these drugs in the locality.

Research findings revealed out that the sex of pupils/learners who mostly engage in drug abuse are the boys and the young men who loiter in the villages without any productive economic activity that they engage in. this is a finding that was revealed out by the different respondents as the different levels.

Study findings revealed out that the drugs commonly abused in Mbooni District are local beer and cigarettes. Local beer is brewed in any other home but it has been banned down. Only a few homes now brew it but secretly. Cigarettes are sold cheaply and thus readily

available in every shop and kiosk in the locality. Therefore, since local beer and cigarettes are readily available and at the same time cheap, it becomes possible for these pupils to indulge in their consumption in their early lives.

According to the study findings, there is a connection between the drug abuse and the direction of pupil's behaviour who engage in it. Study findings showed that those who abuse the drugs are affected in class performance, i.e. do not complete teacher assignments, drop out of school early in their school careers and at home, they deviate from their parent's rules and regulations. The boys particularly have a tendency of starting families early and at the end, they fail to cater their family needs adequately. Such learners who drop out of school as a result of drug abuse are the ones who become thugs, thieves, so as to get a living.

Data analyzed on the measures to minimize or eradicate drug abuse revealed that there are four major ones such as teaching these pupil's the effect that results from this bad practice, having good community role models who cannot corrupt the minds of our young ones, parental guidance and counseling and the need on the part of teachers to institute an effective pupil monitoring and reporting mechanisms that is driven towards identifying pupils who indulge in drug abuse in their early school life.

5.2 Conclusion

Basing on the research findings, the researcher's general overview of the study is that drug abuse has negatively impacted on the behaviour of pupils both at school and at home. At school, these learners/pupils fail to adjust and cope up with the schooling environment in which they find themselves since their life become useless as a result of consuming drugs that affects their mental well-being.

This is one of the reasons as to why we now find so many unemployed youths meandering in the streets without having a strong foundation that is capable of sustaining them together with their families. Therefore, drug abuse is prevalent in almost every part of the country and it adversely rendered those who get addicted to it to become vulnerable after a long time of abuse.

5.3 Recommendations

Considering the findings and conclusion drawn from this study, the following recommendations have been seen as desirable and capable of responding to the problems at hand.

1. Head teachers and principals of colleges need to frequently and thoroughly inspect these learners to see to it that they do not take part in any drug abuse whatsoever. Such mechanisms should be instituted and effectively implemented at lower and upper education levels and more so in schools that offer boarding facilities.

2. Parents should look out for signs of drug abuse among their children which include; sudden outbursts of laughter, keeping company of known drug abusers, watery red eyes among other signs that are prevalent among those who engage in it. This will possibly help to get these children out of such a practice in their early careers.
3. Drug traffickers should be reported and the right action taken against them by the law.
4. Both parents and teacher notwithstanding parents and the general community need to be good role models so as to build a strong foundation among our children.
5. Guidance and counseling services should be done both at home and at school. During such counseling programmes, both parents and teachers need to draw the attention of these learners the extent to which drug abuse affects life. This is because; some of these learners start up such a practice not knowing the repercussions in the future.
6. Above all, at school, teachers should create a conducive learning environment that is stress free. Such a direction shall give learners an opportunity to shine and excel in the activity of their choice/interests hence, improving the pupil's self-esteem.
7. Government need to launch a programme of creating awareness on the effects of drug abuse to the public. This can be done through seminars and community workshops driven towards changing the direction that the community need to pursue.

8. Schools and colleges should take the initiative of inviting church elders to the schools and colleges so as to allow them to interact freely with learners on which courses of action they need to take if they are to come out as useful human beings capable of inspiring and leading the country in the future.

5.4 Areas for further Research

There is need to take a further study on other factors that affect the education of learners in regular school settings. This is geared because of the need for the provision of an enabling environment that is capable of keeping our children at school if they are to catch up with the ever changing life situations. For research therefore can be done in areas of; Role of the community and parents towards determining children's education and the influence of home-motivational factors towards responding to the needs of pupils education desires.

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Appendix i

Questionnaire Form for Teachers:

Dear respondent. I am, a student of Kampala International University pursuing a Bachelors Degree of Education in Special needs. The purpose of this study is to seek information on the effect of drug abuse on learner's/pupil's behaviour in regular schools as a partial fulfillment for the above mentioned degree.

Feel free therefore to give your views and opinions on this investigation since all the information given shall be treated confidential without passing them to any third party.

Your cooperation on the same within a period of two weeks shall be highly appreciated.

Profile of the respondents

Age:

38-42+ ()
33-37 ()
28-32 ()
23-27 ()
18-22 ()

Gender:

Male () Female ()

Marital Status:

Married () Single () Divorced () Widowed ()

Education Level:

Masters ()
Degree ()
Diploma ()
Certificate ()

1. Do you have children who have dropped out of school as a result of drug abuse?

Yes () No ()

2. How do you handle and advice such pupils?

.....

.....

.....

3. Does school pressure cause these children/pupils to start abusing drugs?

.....

.....

.....

4. In your view, which of the following factors are responsible for their addiction to drugs?

a) Peer influence ()

b) Lack of parental guidance and counseling ()

c) Stress ()

d) Desire to forget about their problems ()

5. Which of the following drugs are mostly consumed by children in your community?

- a) Miraa ()
- b) Cigarettes ()
- c) Bhang ()
- d) Kumikumi ()
- e) Beer ()
- f) Glue ()

6. Identify from the options provided the effects associated with drug abuse among the pupils who engage in it

- a) Psychological torture ()
- b) Memory loss ()
- c) Poor performance in class ()
- d) Dropping out of school ()
- e) Engagement in child labour ()
- f) Aggressiveness ()

7. Which zones in your district rank high in drug abuse?

- a) Kalawani ()
- b) Tulimani ()
- c) Nduluku ()
- d) Kakiiswi ()
- e) Musoa ()
- f) Others ()

8. Which sex among pupils rank high in the practice of drug abuse?

- a) Male/boys ()
- b) Female/girls ()

9. Which of the following mechanisms and measures can help put an end to the practice of drug abuse?

- a) Creating awareness on the dangers of drug abuse ()
- b) Creation of a stress free environment for pupils ()
- c) Penalties against the offenders ()
- d) Parental guidance and counseling ()
- e) Teacher monitoring and reporting ()
- f) Good community role models ()
- g) Others ()

10. What suggestions and recommendations would you put forward to help combat this bad practice of drug abuse?

.....

.....

.....

.....

.....

Thank you.

Appendix ii
Interview guide for the Parents

1. As a parent have you ever witnessed your child or a child from a neighbour abusing drugs?

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.....

2. What type of drugs do these children get addicted to?

.....
.....

3. What reasons do you think is responsible for their action in such a direction?

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

4. How do you as parents help to get these children out of this dangerous practice?

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

5. In your view does school pressure cause these children to become addicted to drugs?

.....
.....

6. How does the community as a whole assist these children to get out of this bad practice?

.....

.....

.....

.....

7. Are there legal mechanisms in place that protects and prohibits children from getting addicted to drugs?

.....

.....

8. How does drug abuse impact on the behaviour of pupils both at school and at home?

.....

.....

.....

.....

9. How do these children manage life soon after dropping out of school as a result of drug abuse?

.....

.....

10. As a parent, what measures do you put forward to help our children from engaging in drug abuse?

.....

.....

.....

.....

.....

Thank you.