Managing drugs and substance abuse in schools: a case study of Nairobi

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Abstract:

Drug and substance abuse has become a major concern in Kenya and in the world over. There has been increased consumption of drug and substance abuse by young Kenyans particularly school going children. The study sought to establish the various drugs being abused in schools, and strategies being used to prevent drug and substance abuse then come up with suggestions on how to improve on them. The study found out that drug and substance abuse was rampant and that there was need to address the problem. Those who consumed the drugs were affected differently with some of the abusers developing addiction. The study found out that there were several factors which contributed to drug and substance abuse amongst students. Such factors included peer pressure, poor parental guidance, the school environment, poor performance in school, curiosity, reduce stress, delinquent behavior, inadequate guidance and counseling by teachers and lack of community involvement in the fight against drug abuse among others. There were several prevention methods being used in various schools but the problem persisted hence there was need to enhance the strategies. This study came up with proposals on how to improve on the management of drug and substance abuse in schools.