

**UNIVERSITY OF NAIROBI**

**DEPARTMENT OF DIPLOMACY AND INTERNATIONAL STUDIES**

**EFFECTS OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG  
YOUTH IN AFRICA: A CASE STUDY OF KENYA**

**BY**

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**A Research Project Submitted in Partial Fulfillment of the Requirements for the Award of  
Master of Arts Degree in International Studies at DDIS, University of Nairobi.**

**OCTOBER, 2021**

**DECLARATION**

I declare to the best of my knowledge that this Research Project is my original work and that all the sources that I have used have been acknowledged.

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## **DEDICATION**

I dedicate this work to my late father, William Were, Son William, and daughter Tamara Were.

## ABSTRACT

The use of illicit brews and substance abuse among the youth in Africa does not only pose a challenge to the continent's social, economic, political and health progress but also threaten national, regional and continental peace and security. In Kenya the impacts are reflected in an overburdened judicial system, a strained health care system, lost productivity and environmental destruction. The prevalence of the use of illicit alcohol and substance abuse among youth not only effects the individual users and abusers but also their families and society at large. These effects include neglect of responsibilities, increased trends in criminal activities including organized criminal gangs, violent crimes and international drug trafficking, interpersonal violence, diminished attachment to family and others, impaired self-regulation and problem solving, decreased development of pro social attitudes and behavior and health impairment including mental disorders, reduced life expectancy among the users and abusers. Studies show a death rate of 2.5 times higher than the normal among the users and abusers. These rates are highest among young adults aged 18 to 35 years. Youth in this age bracket constitute about 60% of the total Kenya's national population hence being the most vulnerable group. The study looked at existing strategies and make recommendations on the measures to control the use of illicit brews and substance abuse among the youth since this problem is a threat to Kenya's peace and security and also impacts the country's social, economic and political competitiveness at all levels. In its analysis the study used Modified Social Stress Model as its theoretical tool. This research used a descriptive survey research design to assess and evaluate the effects of the use of illicit brews and substance abuse, especially among youth in Kenya. For triangulation purposes, the thesis would use a mixed-method methodology research method that incorporates both qualitative and quantitative data collection and analysis procedures. Qualitative research was critical in assessing youth perceptions, beliefs, awareness, and insights about the emotions, motivations, and motives for using illicit brews and illegal drugs. It was possible to quantify the effect on the use of illicit brews and illegal drugs among Kenyan youth through quantitative analysis. The study found that the use of illicit alcohol and substance abuse in Africa has significant effects on the youth. These effects need to be addressed and therefore more research required to provide more data that informed effective national, regional and continental measures to control and contain the effects. The study discovered a close connection between use of illicit brews and substance abuse among youth in Kenya and drug trafficking which have serious impacts on the security. The study found that despite various measures taken by government and other stakeholders to prevent and control use of illicit alcohol and substance abuse among youth in Kenya, the problem is on the increase. Therefore a research should be conducted to assess the effectiveness of these intervention measures by government and other stakeholders to control and prevent the use and abuse of illicit alcohol and drugs.

## TABLE OF CONTENTS

<b>DECLARATION</b> .....	<b>ii</b>
<b>ACKNOWLEDGEMENT</b> .....	<b>iii</b>
<b>DEDICATION</b> .....	<b>iv</b>
<b>ABSTRACT</b> .....	<b>v</b>
<b>TABLE OF CONTENTS</b> .....	<b>vi</b>
<b>LIST OF ABBREVIATIONS</b> .....	<b>xiv</b>
<b>CHAPTER ONE</b> .....	<b>1</b>
<b>INTRODUCTION</b> .....	<b>1</b>
1.0. Introduction and Background to the Study .....	1
1.1 Statement of the Problem .....	4
1.2 Research Questions .....	6
1.3 Objectives.....	6
1.3.1 General Objectives .....	6
1.3.2 Specific Objectives.....	6
1.4 Literature Review .....	7
1.4.1 Theoretical Literature Review .....	7
1.4.2 Empirical Literature .....	8
1.4.2.1 Impact of the Use of illicit brews and substance abuse on the youth in Africa.....	9
1.4.2.2 Relationship between use of illicit brews and substance abuse among youth and 14 trends in criminal activities .....	14
1.4.2.3 Intervention measures put in place to mitigate the effects of the use of illicit brews .....	16
and substance abuse among the youth .....	16
1.4.2.3.1 Prevention Measures .....	17
1.4.2.3.2 Treatment Measures .....	17

1.4.2.3.3 Policy Measures .....	18
1.5 Literature gap .....	18
1.6 Justification of the Study.....	19
1.6.1 Policy Justification .....	19
1.6.2 Academic Justification .....	19
1.6.3 Justification to the public .....	20
1.7 Theoretical Framework .....	20
1.8 Hypotheses of Study.....	20
1.9 Research Methodology.....	21
1.9.1 Research Design .....	21
1.9.2 Research Site .....	21
1.9.3 Target Population .....	22
1.9.4 Sample Size .....	22
1.9.4.1 Sampling technique.....	22
1.9.4.2 Sampling design.....	23
Table 1.1: Sample size and sample distribution.....	24
1.9.5 Data Collection Methods.....	24
1.9.6 Validity and Reliability .....	24
1.9.8 Data analysis and presentation .....	25
1.9.9 Ethical Consideration .....	25
1.9.10 Scope and Limitation of Study.....	26
1.10 Chapter Outline .....	26
<b>CHAPTER TWO .....</b>	<b>28</b>
<b>IMPACT OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE ON THE YOUTH IN AFRICA.....</b>	<b>28</b>
2.1 Introduction .....	28
2.2 The problem of the Use of Illicit brews and Substance abuse in Africa.....	30
2.3 How Consumption of Illicit Brews and Substance Abuse Has Impacted the youth in.....	33

Africa.....	33
2.3.1 Unemployment .....	35
2.3.2 Financial Instability .....	37
2.3.3 Family Disintegration.....	39
2.3.4 Ill-Health and Pre-mature Deaths.....	42
2.3.5 Crime and Violence.....	44
2.3.6 Increased School Dropout .....	47
2.4 Conclusion.....	50
CHAPTER THREE .....	52
USE OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG YOUTH AND TRENDS IN CRIMINAL ACTIVITIES IN KENYA.....	52
3.1 Introduction .....	52
3.2 Relationship between Use of illicit brews and substance abuse among youth in Kenya and international drug trafficking.....	53
3.3 Impact of Drug and substance-related crime on National security .....	54
3.3 The complex relationship between use of illicit brews and substance abuse and crime in 56	
Kenya .....	56
3.4.1 Use of illicit brews and substance abuse and crime trends .....	58
3.5 Crimes committed by illicit brew consumers and substance abusers .....	62
3.5.1 Use of Illicit brews and substance abuse and violent crime.....	63
3.5.2 Use of Illicit brews ad substance abuse and sex offences .....	65
3.5.3 Illicit brew and substance abuse and organized gang crime .....	67
3.5.4 Illicit brew consumption and substance abuse and Public disorder .....	68
3.5.5 Increased traffic offences and intoxicated Youth.....	70
3.6 Impact of the criminal justice system on the use of illicit brews and substance abuse.....	71
3.7 Impact of the containment measures and Enforcement to curb use illicit brews and substance abuse .....	72



3.8 Conclusion.....	73
CHAPTER FOUR.....	74
ANALYSIS OF THE INTERVENTION MEASURES PUT IN PLACE TO MITIGATE THE EFFECTS OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE IN KENYA .....	74
4.1 Introduction .....	74
4.1.1 Response rate.....	74
4.1.2 Gender response rate .....	75
Figure 4.2: Gender Response Rate from 146 Respondents.....	75
4.1.3 Age of the respondents .....	75
Figure 4.3: Age of the Respondents .....	76
4.1.4 Level of education .....	76
Figure 4.4: Level of Education of the Respondents .....	76
4.2 The impact of the consumption of illicit brews and substance abuse among the youth in .	76
Africa.....	76
4.2.1 What are the types of illicit brews and substance abuse exist among youth in Africa?77	
Figure 4.5: Types of Illicit Substances Abused by the Youth in Africa .....	77
4.2.2 What factors that have led to an increase in the use of illicit brews and substance abuse .....	78
among youth in Africa?.....	78
Figure 4.6: Factors that contribute towards the increase of drug and substance abuse.....	79
4.2.3 What are the impacts of illicit brews and substance abuse among youth in Africa .....	79
Figure 4.7: Impact of illicit brews and substances on African youth.....	80
4.3 The relationship between the use of illicit brews and substance abuse among youth in ....	80
kenya and trends in criminal activities .....	80
4.3.1 The relationship between criminal trends and the use of illicit brews and substance..	81
abuse in Kenya .....	81
4.3.2 How crimes are related to the use of illicit brews and substance abuse in Kenya. ....	82
Figure 4.9: Crimes realted to the abuse of illicit brews and substances.....	82

4.3.3 The correlation between an increase in crime and an increase in the use of illicit brews .....	82
Figure 4.10: Relationship between an increase in crime and an increase in the abuse of illicit brews and substances .....	83
4.3.4 Whether addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya .....	83
Figure 4.11: Addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya .....	84
4.4 The third objective of the study was to analyze the intervention measures put in place to mitigate the effects of the use of illicit brew and substance abuse among the youth in kenya. ....	84
4.4.1 The intervention measures put in place to address the effects of use of substance abuse and illicit brew among youth in Kenya .....	84
Figure 4.12: Intervention Measures .....	86
4.4.2 How effective are these intervention measures? .....	88
Figure 4.13: Effectiveness of the Intervention Measures.....	89
4.4.3 What can be done better to ensure that the menace of illicit brew and substance abuse is addressed?.....	89
<b>SUMMARY OF THE FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS .....</b>	<b>91</b>
5.1 Introduction .....	91
5.2 Summary of the Findings .....	91
5.2.2 The relationship between the use of illicit brews and substance abuse among youth in Kenya and trends in criminal activities .....	92

5.2.3 The intervention measures put in place to mitigate the effects of the use of illicit brews .....	93
and substance abuse in Kenya .....	93
5.3 Conclusion.....	94
5.4 Recommendations .....	96
5.5 Areas of further research .....	97
REFERENCES .....	98
APPENDICES .....	105
Appendix I: Questionnaire .....	105
Appendix II: Interview Guide for Key Informants .....	109
Appendix III: National Commission for Science, Technology and Innovation Reserch License .....	113
Appendix IV: Authorization Letter From County Director of Education.....	115
Appendix V: Introduction Letter from IDIS, University of Nairobi.....	116
Appendix VI: Similarity Index Report.....	117

## LIST OF FIGURES

Figure 4.1: Response Rate from Questionnaire and Google Forms.....	74
Figure 4.2: Gender Response Rate from 146 Respondents.....	75
Figure 4.3: Age of the Respondents .....	76
Figure 4.4: Level of Education of the Respondents .....	76
Figure 4.5: Types of Illicit Substances Abused by the Youth in Africa .....	77
Figure 4.6: Factors that contribute towards the increase of drug and substance abuse.....	79
Figure 4.7: Impact of illicit brews and substances on African youth.....	80
Figure 4.8: Use of illicit brews and substances and increase crime .....	81
Figure 4.9: Crimes related to the abuse of illicit brews and substances.....	82
Figure 4.10: Relationship between an increase in crime and an increase in the abuse of illicit brews and substances .....	83
Figure 4.11: Addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya .....	84
Figure 4.12: Intervention Measures .....	86
Figure 4.13: Effectiveness of the Intervention Measures.....	89

**LIST OF TABLE**

Table 1.1: Sample size and sample distribution ..... 24

## **LIST OF ABBREVIATIONS**

ADA	Alcohol and Drug Abuse
AFIDEP	African Institute for Development Policy
AIDS	Acquired Immune Deficiency Syndrome
EA	East Africa
CBD	Central Business District
HEP	Heavy Episodic Drinking
HIV	Human Immunodeficiency Virus
KPHC	Kenya Population and Housing Census
M.C.A	Member of County Assembly
M.P	Member of Parliament
NIDA	National Institute on Drug Abuse
PEFA	Pentecostal Evangelistic Fellowship of Africa
UN	United Nations
UNODC	United Nations Office on Drugs and Crime
NACADA	National Agency for the Campaign against Drug Abuse
WHO	World Health Organization
W.H.O AFR	World Health Organization African Region

## **CHAPTER ONE INTRODUCTION**

### **1.0. Introduction and Background to the Study**

In many countries around the world there is widespread use of illicit brews and substance abuse among youth. The international community is facing a potential supply-driven expansion of illicit substances markets than ever before expanding beyond the usual regions. The effects of these are the associated harm and fatalities as reported in the United Nations Office on Drugs and Crime (UNODC), World Drug Report (2018), showing some 450,00 people who died in 2015 as a result of effects of the use and abuse of illicit substances illicit brews are all unrecorded locally created counterfeit alcoholic drinks, the manufacturing, and consumption of which is frequently characterized by tax fraud and is uncontrolled by the government. In Africa, particularly in Kenya, there are several types of illegal brews. This depends mainly on their ingredients and methods of manufacturing as well as the locality. Substance abuse refers to the use of any substance be it alcoholic, non-alcoholic, legal, or illegal for purposes of mood alteration. Commonly abused substances include glue, petrol, and drugs without medical justification.

Most African countries have higher numbers of youth population compared to the rest of the countries in the world. In Kenya, about sixty-five percent of the population is youth hence the effects of the use of illicit brews and substance abuse pose serious challenges to the current and future generation.<sup>1</sup> The effects of the use of illicit brews and substance abuse among the youth have resulted in serious social, economic, healthy, emotional, and mental among other challenges not only to those who consume but also to their families, society, and region.

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<sup>1</sup> Marcia E. Sutherland and Rayna Ericson, Alcohol Use, Abuse and Treatment in people of African Descent, Journal of Black Studies Vol.41, No.1 (September 2010), pp 71-88.

Traditional alcohol was used and consumed as part of the community's cultural customs prior to colonization. Most African cultural/traditional rules and principles strictly limited the circumstances in which drugs and intoxicants could be purchased, used, and consumed. Traditional alcohol consumption and tobacco use were reserved for the elders, mainly men. Youth were subjected to access restrictions. As a result, alcohol, and narcotics were not readily available prior to the arrival of immigrants. A strong sense of social cohesion served as a protective mechanism.<sup>2</sup> in modern communities use of illicit brews or alcohol and substance abuse are rampant across the globe affecting a significant number of people especially those in the youth category.

Youth is described differently in each state; It is a time in one's life when one is young, commonly referring to the time between childhood and adulthood. It's a time when you're transitioning from childhood dependency to adulthood freedom. The United Nations (UN) classifies people between the ages of 15 and 24 as youth for statistical purposes, regardless of other member states' definitions.<sup>3</sup> In Kenya, the prescribed age for youth is between the ages of 18 and 35 years.

The effects of the use of illicit brews and substance abuse among the youth have significantly undermined the individual and collective efforts by families and governments in Kenya geared towards the fight against eliminating economic dependency, poverty, diseases, unemployment, urban crime, illiteracy, HIV prevalence among other social challenges and hence becoming a major impediment in achieving the desired socio-economic progress among the Kenyan youth.

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<sup>2</sup> United Nations Office on Drugs and Crime, Sustainable Development Goals, Rapid assessment of Drug abuse in Kenya.

<sup>3</sup> UN Assembly resolution A/RES/56/117 in 2001 and General Assembly Resolution A/RES/62/126 of 2008



The trends of consumption of illicit brews and illegal drugs among youth have depicted an increase over time despite the efforts by government agencies and the community at large to counter and control the effects.

The rapid urbanization has led to erosion of the African traditional/ cultural values replacing them with mixed cultures sometimes unregulated that do not adhere to acceptable norms. Traditional brews which were well prepared and only consumed during a specific time and taken by adults. However now brews have been replaced with dangerous illicit brews and drugs which are sold to the youth in urban areas without regard to existing regulations for purely commercial and personal interests by those involved ignoring the wider public good. The segment of urban youth who constitute a significant percentage of the total Kenyan youth population is at a high risk of becoming a burden. The abuse of substance and consumption of illicit brew has devastating effects on the family, Society, and Kenyan community.<sup>4</sup>

The Kenyan society is undergoing profound demographic changes characterized by declining fertility and child mortality rates and rapid population growth. As result, the country's population of 47,564,296 people, about 45 percent are below 15 years and a further 28 percent are youth between 15-24 years old. This youth population presents a significant dependency burden<sup>5</sup>

The population below 35 years old is therefore above 80 percent of the total population in Kenya which underscores the importance of cushioning the youth population most of whom are moving to urban centers in search of social amenities against the use of illicit brews and substance abuse due to the underlying effects.

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<sup>4</sup> *ibid*

<sup>5</sup> *African Institute for Development Policy Report*

Kenya's population just like her other East African neighbors has been increasing steadily. The 2019 Kenya Population and Housing Census put Kenya's Population at 47,564,296 persons, Nairobi county leading with a population of 4,397,073 persons in an area of about 704.1 square kilometers.<sup>6</sup> Of this population females were 2,204,376 and males 2,192,452 persons of which over 60 percent is 35 years and below.

In Kenya, approximately 16.6% of urban dwellers and 11.4 percent of rural dwellers are existing consumers of different forms of illegal alcohol. Nairobi has the highest current packaged alcohol consumption rate (15.7%). Nairobi has the highest current consumption of Chan'ga at 7.2 percent, followed by Western at 7.1 percent. Traditional liquor is used mostly in the Rift Valley (6%), followed by Nyanza (5.1%). Nairobi has the second-highest usage of 2<sup>nd</sup> generation alcohol 1.3%.<sup>7</sup> The use of illicit brews and substance abuse among youth has the potential of impacting negatively on Kenya's relations regionally and globally due to the effects attributed to the use of illicit brews and substance abuse. The research therefore looked at these effects from a global and continental perspective with a focus on Kenya.

### **1.1 Statement of the Problem**

Since 2000, there has been a sharp rise in the consumption of illicit brews and substance abuse among the Kenyan youth. Statistics by Kenya's National Campaign against Drug Abuse (NACADA) indicate that the use of illicit brews and substance abuse is most prevalent amongst

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<sup>6</sup> 2019 Kenya Population and Housing Census: Volume II, Counting Our People for Sustainable Development and Devolution of services.

<sup>7</sup> NACADA., Alcohol and Drug Abuse in Kenya. Final National Baseline Survey, on Substance Abuse in Kenya. Government Printer Nairobi: Kenya, (2016)

young people between the ages of 16 and 30.<sup>8</sup> Top on the list of most abused illicit brews and substance abuse in Kenya include unlicensed alcohol, cannabis, tobacco and miraa (khat). A study by NACADA for example indicates that the rate of drug use amongst the Kenyan population aged between 15 to 65 stands at 43% for both licensed and unlicensed alcohol, 18 % for miraa, 3% for bhang, 0.2% for cocaine, and 0.1% for heroin.<sup>9</sup>

The country has also witnessed a rise in the abuse of substances such as cough mixtures, sleeping pills, and inhalants like petrol and glue amongst street youth. NACADA identifies the counties of Kiambu and Murang'a to be the worst affected in terms of the abuse of illicit brews while the coastal counties of Mombasa, Kwale, Lamu and Kilifi to be leading in the abuse of hard drugs and illegal substances like heroin and cocaine.<sup>10</sup>

The United Nations Office on Drugs and Crime reports that Cannabis is the most used drug in the African continent followed by an Amphetamine Type Stimulant (ATS).<sup>11</sup> The estimated prevalence on drug injecting and the use of opioids is also emerging at an alarming trend in the African countries of Libya, Mauritius, South Africa, Kenya, Seychelles and Tanzania. Consequently, while drug use seems to have stabilized in developed countries, indicators reveal that it is on an upward trend in developing countries. This study looks at the effects of the use of illicit brews and substance abuse among youth in Africa, with a particular focus on Kenya.

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<sup>8</sup> NACADA (2019). *Annual report for the office of the National Campaign against Drug Abuse*. Nairobi: NACADA.

<sup>9</sup> NACADA (2019). *Annual report for the office of the National Campaign against Drug Abuse*. Nairobi: NACADA.

<sup>10</sup> Ibid.

<sup>11</sup> United Nations Office on Drugs and Crime (UNODC) (2018). *The Globalization of Crime. A Transnational Organized Crime Threat Assessment (TOCTA)*, United Nations Publications available at: <http://www.unodc.org/documents/data-and-analysis/>

## **1.2 Research Questions**

1. To what extent has the consumption of illicit brews and substance abuse impacted on the youth in Africa?
2. How has the use of illicit brews and substance abuse among youth contributed to trends in criminal activities in Kenya?
3. What are the intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among youth in Kenya?

## **1.3 Objectives**

### **1.3.1 General Objectives**

The overall objective of the study was to look into the effects of the use of illicit brews and substance abuse among youth in Africa, with a particular focus on Kenya.

### **1.3.2 Specific Objectives**

1. To examine the extent to which the consumption of illicit brews and substance abuse has impacted on the youth in Africa.
2. To determine the relationship between the use of illicit brews and substance abuse among youth in Kenya and trends in criminal activities.
3. To analyze the intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among youth in Kenya.

## **1.4 Literature Review**

The section of the study provides a review of both the theoretical and empirical literature. A review of relevant theories is significant in analyzing the main debates concerning the effects of illegal brews and substance abuse. The empirical literature is also relevant for this research because it was used to help identify the study's major information gaps. To begin, the researcher looked at studies that have been done on the effects of the use of illicit brews and substance abuse from a global, continental and national perspective. This is in order to give the topic an international dimension.

### **1.4.1 Theoretical Literature Review**

A number of theories are important to help in explaining understanding the effect of illicit brews and substance abuse in society.

According to Boeri et al. who subscribe to the Social Control theory, many individuals in a society often do not engage in criminal or deviant behaviour because of existence of strong bonds that ties them to mainstream beliefs, persons, activities or social institutions.<sup>12</sup> However, when the bonds are weak or broken, individuals tend to drift and deviate from social norms or rules and engage in criminal or deviant behaviour such as drug abuse. The Social Control Theory is founded on the premise that deviant behaviours such as substance abuse emerge from the absence of controls that encourage conformity with social norms. The theory however does not assert that individuals with strong ties to mainstream norms will never engage in any type of deviant activities but emphasises that control and deviance are matters of degree.

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<sup>12</sup> Boeri, M., Sterk, C., & Elifson, W. (2006). *Baby Boomer Drug Users: Career Phases, Social Control, and Social Learning Theory*. *Sociological Inquiry*, 76(2), 264-291.

In their model of the Modified Social Stress Model (MSSM), Rodes and Jason (1988) asserts that the presence of risk factors in an individual's environment increases the likelihood of that individual to commence, continue and intensify the use of drugs. Risk factors can include stress, availability and access to drugs, the cultural value attached to a specific drug, and promotion, sponsorship and advertising of a drug. Indicators in the model also show that if protective factors are present, then there is less likelihood of an individual getting involved in drugs. Protective factors can include an attachment to other people and institutions like schools and churches. According to the model, it is therefore easy to understand a drug problem when both protective and risk factors are put into consideration at the same time. The framework developed by the model can therefore be useful in planning interventions that can treat or prevent problems relating to drug abuse.

Berkowitz and Perkins (1986) established a Social Ecological Theory (SET) as a supplement to SCT. The reasons of substance abuse, according to SET, are found in the social environment. The basic assumption of SET is that individual behaviors are mostly the consequence of socialization; as a result, in order to change behavior, the social institutions that influence it must change as well. This idea focuses prevention efforts on altering a person's surroundings rather than the person themselves. As a result, substance addiction is regarded as a consequence of the social group in which it occurs.

#### **1.4.2 Empirical Literature**

The empirical literature review is based on the study's three objectives, which are as follows: to examine the the extent to which the consumption of illicit brews and substance abuse has impacted on the youth in Africa, to determine the relationship between the use of illicit brews and substance abuse

among youth in Kenya and trends in criminal activities and lastly to analyse the intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among youth in Kenya.

#### **1.4.2.1 Impact of the Use of illicit brews and substance abuse on the youth in Africa**

Illicit brew consumption and substance abuse is a worldwide menace. Unrecorded alcohol consumption is a worldwide threat that has killed millions of people, including hundreds of thousands of adolescent population. It is not only a cause of numerous ailments, but it is also a cause of injury and violence. Furthermore, by influencing levels and patterns of illicit alcohol use and drug misuse across borders, its harmful effects can extend throughout a community or a country, and beyond. Studies conducted by Summers and Vinod indicate that the worldwide increase in substance abuse among the youth has contributed to widespread poverty witnessed in certain parts of the world.<sup>13</sup> According to scholars Summers & Vinod substance abuse frequently occurs in young people than the old and is often widespread amongst the unemployed.

W.H.O (2011) report indicates that all regions of the world have a significant proportion of the consumption of unrecorded or illicit alcohol. This unrecorded alcohol refers to all illicit alcohol that evades tax and often out of the government control system, since its production, distribution, and consumption is outside formal channels.<sup>14</sup>

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<sup>13</sup> Summers, L., and Vinod, T. (2013) *Recent Lessons in Global Substance Abuse Problem. Research Observer. The World Bank*, vol. 8, No. 2.

<sup>14</sup> World Health Organization, *Global Status Report on Alcohol and Health* (2011).

The growth of illicit brew and substance abuse is strongly influenced by a number of variables, including social demographic patterns such as population gender, age, and rate of urbanization. Youth in urban areas are highly into substance abuse as compared to the rest of the population. According to United Nations office for drugs and crime report of 2010, Cannabis is still the most extensively used substance in the world, and it is a popular drug of choice among teenagers. According to United Nations Office on Drugs and Crime (2013) report, the perceived ease of availability to cannabis, along with ideas of a low risk of harm, makes the drug one of the most often used narcotics among teenagers. Substance addiction is a global problem that has a negative impact on nations' health, income, and security. Cannabis remains the highly consumed illegal drug in the African continent, with West and Central Africa having the largest prevalence and rise in use.<sup>15</sup>

Consumption of illegal brews and drug abuse among African youth varies by country and is influenced by the social and economic situations of people engaged. Sometimes consumption of illicit alcohol and substance abuse in recreational settings is meant to add excitement and enhance the experience among the users. On the other hand, youth living in extreme conditions consume illicit alcohol and illicit substance to cope with the prevailing social-economic situation. Most countries in Africa are poor in terms of the economic opportunities they provide for their youth population. Some of these youth are living on the streets in major urban cities in Africa. These street youth are exposed to physical and sexual abuse and end up abusing substances as a coping mechanism in such a harsh environment. These substances are typically chosen due to their low

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<sup>15</sup> United Nations Office on Drugs and Crime, *Transnational Organized Crime in Africa, A threat Assessment*, September, 2013



cost, widespread availability, and ability to quickly elicit euphoria.<sup>16</sup>World Health Organization African Region (WHO AFR) in 2005 recorded 31.4% proportion of unrecorded Adult Per Capita (APC) which refers to the quantity of pure alcohol consumed in litres by a certain population.<sup>17</sup> Unlike the rest of world where consumption of alcohol is higher but most of it is with recorded and formally produced, alcohol in most African countries is mostly served by homemade or illicit brews informally produced that is cheap and accessible therefore posing significant security, health and safety challenges. Africa has also recorded Heavy Episodic Drinking (HED) among her population which refers to alcohol consumption of at least of 60 grams or more on one occasion. Harmful consumption of illicit alcohol and substance abuse has multiple direct effects on the youth in Africa which include increased social and economic challenges.

In South Africa drug abuse has been linked to interpersonal violence, as well as risky sexual conduct which leads to risk of HIV and other STI according to UNODC (2010) report. Equally, poor user health, and a severe psychological influence on families are some of the most common impact of drugs abuse. Tobacco and alcohol are the two most abused drugs and the most prevalent among adolescents. The narcotics are regarded as acceptable and moderate since they are legalized. Despite the fact that they have significant health and social impact. Even though polysubstance misuse is frequent in South Africa, cannabis is the most widely used substance among young people. Reddy et al, (2010) says 13% of South African learners have ever used at least one illicit substance such as heroin. This is the region's highest figure. Given the medical and societal harm caused by these medications, determining the extent of their use among subpopulations and researching effective methods of combating them is critical. According to the

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<sup>16</sup> United Nations Office on Drugs and Crime (UNODC), World Drug Report (2018).

<sup>17</sup> *ibid.*

United Nations World Drug Report 2014, 8 percent of South Africa's population abuses drugs of some type, and one in every 14 persons is a frequent user. Individuals, families, society, and the economy all bear the social, health, and economic consequences of substance misuse. Individually, drug misuse has been connected to despair, aggressive conduct, and numerous types of criminality, including numerous unintentional and intentional injuries. The productivity and energies of those affected by drug misuse are lost to society.<sup>18</sup>

Substance abuse in Africa is a major problem. In many countries within the continent, the public health and judicial systems, including the criminal, civil, and juvenile departments, are concerned about alcohol and other drug issues. The influence of alcohol and other drug issues on the legal system is not confined to drug-related crime. Many of the complicated issues that the legal systems deal with on a daily basis, such as assault, vandalism, child abuse, and divorce, are exacerbated by alcohol and other drug related problems.

Youth unemployment and scarce economic opportunities in most African countries are major challenges the continent faces in providing quality lives for her youth. While the consequences of unemployment may vary depending on a society, it has the tendency to reduce an individual's ability to participate in political, social and economic life of a society.<sup>19</sup>

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<sup>18</sup> United Nations Office on Drugs and Crime, *Transnational Organized Crime in Eastern Africa, A threat Assessment*, September, 2015

<sup>19</sup> Ibid.

Sharpe (2003) reports that drug abuse has both direct and indirect economic costs.<sup>20</sup> Direct economic costs include increased costs in welfare initiatives, treatment programmes, the courts and police. Indirect economic consequences of drug abuse include a loss of control over the economy, the displacement of legal businesses, budgetary issues related to the government's incapacity to collect taxes from the drug economy, and the displacement of legitimate industries. The scholar particularly points out the diminished control over the economy by the government and explains that because the income generated from illicit activities arising out of drugs and substance abuse do not usually enter the formal economic process of a country, macroeconomic planning is not usually feasible with such income. A source of serious error is thus usually introduced in public financial flows when enormous sums generated from the drug industry fail to show up in government investment rates. It therefore inevitably contributes to skewed macro-planning and widespread poverty in a country.<sup>21</sup>

In Kenya consumption of illicit alcohol has been a source of methanol poisoning resulting into deaths and other health related challenges. The social and economic costs with regard to consumption of illicit brews and substance abuse among the youth in Africa are significant. These include the financial losses and distress suffered by alcohol and drug related crime victims, ever increasing burdens for support of youth who are not able to become self supporting and increased demand for medical and other health services.

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<sup>20</sup> Sharpe, T. (2003) *Explaining the Drug and Economic Link: Theoretical, Policy and Research Issues*. Journal of Social Policy Vol. 29, No. 1, 95-107

<sup>21</sup> Ibid.

#### **1.4.2.2 Relationship between use of illicit brews and substance abuse among youth and trends in criminal activities**

Globally there is a close relationship between the use of illicit brews and substance abuse and crime. Illicit brews consumers and substance abusers commit crimes to pay for their illicit brews and illegal drugs and this has many impacts on the society. As such many who commit crimes are under the influence of illicit brews and substance abuse while committing the crimes. Illicit trade in illegal drugs (drug trafficking) and brews is another outcome of illegal substances and illicit brews use. Criminality, on the other hand, is a complicated phenomena with various psychosocial factors that has existed since prehistoric times.

As per the study conducted by Razaiee, Olyae & Sargolzaiee in the United States in 2010 more than 60% of male inmates used illicit drugs. Alcohol is the substance that has the strongest connection to violent crime. According to estimations, criminals who used illicit substances and alcohol at the same time perpetrated 21.4 percent of aggressive offenses. In Australia in 2004, 82 percent of those convicted had a history of substance abuse.<sup>22</sup> As previously stated, psychoactive substance and illegal brews use disorders have a significant effect on people, their families, and the environment, compromising physical and mental health, causing financial constrains , and sometimes contributing to illegal issues. Domestic abuses, road accidents, and other crimes are all linked to psychoactive illicit substance use disorder.

Violence was the third biggest cause of mortality in 2000, accounting for 14.5 percent of all deaths, according to statistics from the Brazilian Institute of Geography and Statistics. In a study of convicts convicted of murder in Pereira, Colombia, a significant number of illegal narcotics and

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<sup>22</sup> Razaiee R, Olyae S & Sargolzaiee A, International journal of High risk Behaviors and addition ,2013

illicit brews were discovered; 35.9 percent of the killers were under the influence of alcohol at the time of the crime, and 24 percent of the victims had used alcohol.<sup>23</sup>

In most communities and cultures, the incidence of domestic violence seen in different economic classes is perceived to be higher among users of illicit drugs. For instance, 384 married women from different social backgrounds living in a Mexican city were interviewed for an across-sectional analysis on domestic abuse. Sexual violence was found to be prevalent in 42 percent of cases, physical violence in 40 percent of cases, and emotional violence in 38 percent of cases, according to the authors.<sup>24</sup>

In African countries, the relationship between crime and the use of illicit brews and substance abuse has not been sufficiently studied. The history of illicit brews and illegal drug use is relatively short. Although the international community often highlights Nigeria's involvement in drug trafficking, Nigerians tend to be equally concerned about the issue of illicit drug use. Nigeria, more than other countries like Ethiopia and Kenya, seems to have established a significant addiction problem as a result of drug spillover from other countries. The report by United Nations Office for Drug Control (2009) notes that illicit drug use was often more "utilitarian" than recreational, in the sense that people used drugs to complete specific tasks or to cope with the pressures and difficulties brought on by a particular lifestyle or career.<sup>25</sup>

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<sup>23</sup> Rev.Bras.Psiquiatr, Brazilian journal of Psychiatry, vol.28, Suppl.2, Sao Paulo, October 2006.

<sup>24</sup> Rev.Bras.Psiquiatr, Brazilian journal of Psychiatry, vol.28, Suppl.2, Sao Paulo, October 2006.

<sup>25</sup> United Nations Office for Drug Control and Crime Prevention-the Drug Nexus in Africa, March 2009

Eastern Africa's population is largely impoverished, and its governments have little capacity to combat cross-border crime. Poor governance as well as poverty also increase the potential for bad economic conditions, making Eastern Africa a relatively appealing area for illicit brews and illegal drug trafficking "from" and "to."<sup>26</sup>

Illegal drug and illicit brews use continues to have a major effect on Kenyan society. As the effects of illicit drugs wreak havoc on the Kenya society's social, economic, and health worlds, no one is spared. Both as consumers (abusers) and sellers, youth remain vulnerable to the vice.<sup>27</sup> The relationship between crime and the use of illicit brews and substance abuse in Kenya merits the attention of researchers. The use of cannabis (illegal drug) is associated with serious criminal behavior such as armed robbery, reckless driving, assault, rape, defilement, homicide among other serious crimes through such reports are yet to be substantiated.<sup>28</sup> Indeed this situation is common among the youth in Kenya.

#### **1.4.2.3 Intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among the youth**

According to Perkins, various intervention measures have been put in place by both state and non-state actors in order to mitigate the effects of the use of illicit brews and substance abuse among the youth.<sup>29</sup> Such intervention measures are founded on the recognition that substance abuse imposes substantial effects not only on the users but also their families, community and the country as a whole. The intervention measures can be divided into three broad groups, namely prevention measures, treatment measures and policy measures.

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<sup>26</sup> United Nations Office on Drugs and Crime, Transnational Organized Crime in Eastern Africa, A threat Assessment, September, 2013.

<sup>27</sup> Directorate of Criminal Investigation, Kenya

<sup>28</sup> United Nations office on Drugs and Crime, June 2018

<sup>29</sup> Perkins, H. (2010) *Social norms and the prevention of alcohol in collegiate contexts*. Journal of Students Alcohol 14, 164-172.

#### **1.4.2.3.1 Prevention Measures**

Rosenstock contends that a number of prevention measures can considerably reduce substance abuse even amongst those considered at high risk.<sup>30</sup> Many prevention measures often share a common goal of strengthening identified protective factors like strong family bonds, well-developed social skills, and attachment to religious and community institutions. Successful prevention measures have incorporated gender, cultural and age-specific needs of target participants. Some of the most effective preventive measures have included awareness campaigns, peer counseling, and the enactment of prohibitive policies.

#### **1.4.2.3.2 Treatment Measures**

According to Masita, the treatment of substance abuse is one of the most cost-effective ways of reducing addiction and improving the health of substance abusers.<sup>31</sup> With treatment, addicted users can stop using drugs, get jobs, and eventually become useful members of society. According to Masita addiction to alcohol and other substances has similar consequences to those of chronic illnesses such as hypertension and diabetes and that successful treatment necessitates permanent behaviour change. Successful substance abuse treatment programs identify specific elements that can enhance treatment effectiveness. These elements include a length of time involved in treatment, treatment intensity, and after-care efforts as the key to helping addicts remain clean. Rosenstock outlines certain key principles that can be effective in treatment, namely treatment has to be readily available; effective treatment caters for multiple individual needs like social, medical, vocational and medical problems; planning treatment for a specific duration of time is important

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<sup>30</sup> Rosenstock, M. (2014) *Confronting the Problem of Drug Abuse in the World*. Paper presented at symposium on use and abuse of social drugs. New York.

<sup>31</sup> Masita, M. (2004). *Initiatives in counteracting drug and substance abuse*. *Journal on Social and Religious Concern*, 17, (3).

in treatment effectiveness; treatment effectiveness does not have to be voluntary; and recovery from drug abuse is a long term process that requires multiple treatment episodes.<sup>32</sup>

#### **1.4.2.3.3 Policy Measures**

Masita asserts that policy efforts geared towards mitigating the effects of substance abuse are often dependent on population needs, resource availability, and the nature of problems resulting from substance abuse.<sup>33</sup> Policies in combating substance abuse have evolved over time and while traditionally they were primarily focused on wholesale-related abuse activities, they have increasingly become focused on community-related problem-solving approaches. Policy reforms are increasingly being carried out while having mind problems associated with substance abuse, understanding how problems emerge, and developing long-term solutions to emerging problems. In a number of countries where policy reforms have been carried out, successful outcomes have been witnessed in the reduction of substance abusers, and a general reduction in criminal activities.<sup>34</sup>

### **1.5 Literature gap**

While the general effects of the use of illicit brews and substance abuse have been discussed and researched both globally and regionally, the effects of the use of illicit brews and substance abuse among youth have not been widely researched. In particular, there exist a gap in understanding the effects of the use of illicit brews and substance abuse among youth in Kenya. To address this gap,

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<sup>32</sup> Rosenstock, M. (2014) *Confronting the Problem of Drug Abuse in the World*. Paper presented at symposium on use and abuse of social drugs. New York.

<sup>33</sup> Ibid 9.

<sup>34</sup> Masita, M. (2004). *Initiatives in counteracting drug and substance abuse*. Journal on Social and Religious Concern, 17, (3).



this study evaluated the existing prevention and control measures established by both National and County governments among other actors and propose more efficient ways building on what has been done through a multiagency approach which should factor not only the legal aspects (punishment) but also moral and ethical factors.

## **1.6 Justification of the Study**

Justifications of the study covered three areas.

### **1.6.1 Policy Justification**

The effects of the use of illicit brews and substance abuse among youth is a risk factor that has the potential of eroding all the socio-economic, health, environmental, religious among other gains made in the current human history. The burdens associated with the use of illicit brews and substance abuse on individual users, their families, communities, countries, regions, and the world at large pose a serious threat to the youth' future progress and the generation to come. This study will help policymakers come up with realistic and practical policies based on existing dynamics on the ground to address the issues of the use of illicit brews and substance abuse among the youth effectively.

### **1.6.2 Academic Justification**

The findings of this research proposal will provide additional information to add on existing studies about the effect of the use of illicit brews and substance abuse among the youth population which can be of great value to future scholars and all those interested in research on this issue. This study will be important to scholars and students of diplomacy and international relations

### **1.6.3 Justification to the public**

Understanding the effects of the use of illicit brews and substance abuse among youth will help in finding out the effective measures to put in place in order to solve the current challenge. The general public will therefore be made more aware of the implications associated with the use of illicit brews and substance abuse.

### **1.7 Theoretical Framework**

The study adopted The Modified Social Stress Model (Rodes & Jason, 1988). According to the Modified Social Stress Model there are risk factors that favor substance addiction. Protective variables are factors that make people less inclined to misuse drugs. The model demonstrates that drugs with beneficial effects are more likely to be misused. Once the risk factors have been identified, work on lowering the risks and increasing the protective factors may begin.

The study undertook this theory under its theoretical framework because it is found the theory exhaustive in explaining why substance abuse occurs and can therefore aid in investigating the effects arising out of the use of illicit brews and substance abuse among youth in Kenya. For instance, the theory asserts that a drug problem can be understood when both risk factors and protective factors are put into consideration. The study was therefore be guided by this model in order to achieve its objectives and thereafter aid in making recommendations that can be useful in mitigating the effects of illicit brews and substance abuse.

### **1.8 Hypotheses of Study**

1. The consumption of illicit brews and substance abuse has negative effects on the youth in Africa.

2. Use of illicit brews and substance abuse among youth has increased trends in criminal activities.
3. The intervention measures put in place to mitigate use of illicit brews and substance abuse in Kenya are effective.

## **1.9 Research Methodology**

In this section the study examined the methodology the study employed. The section covers, Research design, Data collection method, Sampling size and technique, Data analysis and presentation, ethical considerations, and finally the Chapter Outline.

### **1.9.1 Research Design**

This research used a descriptive survey research design to assess and evaluate the effects of the use of illicit brews and substance abuse, especially among youth in Kenya. For triangulation purposes, the thesis would use a mixed-method methodology research method that incorporates both qualitative and quantitative data collection and analysis procedures. Qualitative research would be critical in assessing youth' perceptions, beliefs, awareness, and insights about the emotions, motivations, and motives for using illicit brews and illegal drugs. It was possible to quantify the effect on the use of illicit brews and illegal drugs among Kenyan youth through quantitative analysis.

### **1.9.2 Research Site**

Kenya was the focus area for the study. Kenya is a country in East Africa with a coastline on the Indian Ocean. According to 2019 census, Kenya has a population of 47.6 million.

### **1.9.3 Target Population**

This study targeted workers in the Ministry of Interior and Citizen Services, National Police service, Probation and Correctional Services, Prison services, Rehabilitation Centres in Kenya. NACADA, Non Governmental Organizations, Miritini Treatment and Rehabilitation Center, Political leaders, youth leaders and women leaders, leaders from faith based organizations, counsellors, illicit brewers and illegal substances sellers plus users in Kenya.

### **1.9.4 Sample Size**

The study location included counties of Nairobi, Kiambu, Machakos, Kajiado, and Nakuru in Kenya which when combined have a total population of 11.3 million people according to 2019 Kenya Population and Housing Census. In practical terms it is hard, expensive and extremely cumbersome to collect data from the entire population. In this case picking a sample becomes necessary to act as representative of the entire population. For purpose of this study the number of respondents was determined using this formula adopted from Mugenda & Mugenda (1999) when population is more than 10,000.

#### **1.9.4.1 Sampling technique**

The numeric of the respondents was determined for the purposes of this study using the Mugenda & Mugenda (1999) method for calculating a population of more than 10,000 people.

$$n = \frac{Z^2 pq}{d^2}$$

As such

n = denotes the sample size

z -denotes standard normal deviation

p = is estimated proportion of the target population.

q = 1-p

d = the level of statistical significance that has been determined.

$$\begin{aligned} \text{Therefore } n &= \frac{(1.96)^2 (.50) (.50)}{(0.5)^2} \\ &= 384. \end{aligned}$$

#### **1.9.4.2 Sampling design**

The study used purposive sampling. To ensure that a fair representative sample is chosen for the groups, a purposive sampling method was used. purposive sampling was used to sample those deemed informative to the study.

#### **1.9.4.3 Sample size and sample distribution**

The table below summarizes the research sample's dispersion in the various groups of the target population. The planned sample for the target population ensured the study's all-encompassing and active involvement of key players. It was concluded through purposive sampling and simple random sampling as indicated in table 1.1

**Table 1.1: Sample size and sample distribution**

<b>Category of actors (Target Population)</b>	<b>Sample size</b>	<b>Sample distribution(%)</b>	<b>Sampling technique</b>
St Catherine Rehabilitation center, South B	20	5.2%	Purposive Sampling
Drug Rehabilitation Unit Mathare Hospital	10	2.6%	
NACADA	5	1.3%	
Probation personnel in Makadara.	10	2.6%	Purposive Sampling
The Members of the Parliament of Kenya	3	0.7%	
Miritini Treatment and Rehabilitation Center	10	2.6%	Purposive Sampling
youth leaders and leaders of religious groups	20	5.2%	Simple Random Sampling
The illicit brewers and illegal substance sellers,	50	13%	Simple Random Sampling
The Consumers of the illicit Brews and substance abuse in Kenya.	100	26%	Simple Random Sampling
The general Public.	156	40%	Simple Random Sampling
<b>Total</b>	<b>384</b>	<b>100</b>	

**Source: Researchers projected model, 2021.**

### **1.9.5 Data Collection Methods**

They comprised mixed data that includes both qualitative and quantitative. The study used Primary data obtained through interviews, questionnaires, and focused group discussions (FGD) and Secondary data analysis from government documents and journals, periodicals, newspaper articles, books, and internet sources.

### **1.9.6 Validity and Reliability**

This study used two types of validities, which include face validity together with content validity. Face validity of the research will be improved by the use of the pre-test and making clear all the

ambiguous and unclear questions. This study will improve content validity by consulting individuals such as supervisors who are experts in the current area of study. Reliability is used to test whether the research instruments used to give similar results each time they are used under the same subjects and same settings. In this research, the internal consistency of the research instruments will be determined through reliability. Cronbach's alpha is the most frequently used method for measuring internal consistency. A Cronbach's alpha of 0.7 will be considered acceptable.

### **1.9.8 Data analysis and presentation**

For analysis, the quantitative as well as the qualitative data was subjected to the following techniques: observing patterns and distributions; coding data; assigning numerical values; recording for analysis; then Data is shown using tables, graphs, and figures. To aid in data processing, the study used statistical program tools including Spreadsheet, Excel, NVivo, QDAS, and SPSS. To present and analyze quantitative data, graphs, pie charts, and tables were used.

### **1.9.9 Ethical Consideration**

The mandatory research authority was secured from the University of Nairobi and the main license applied and secured from the National Council of Science and Technology Innovation (NACOSTI), Nairobi. Research assistants who were known as the key respondents were engaged. They were inducted to know the expectations of the study which included avoidance of deception. Respondents' consent was established to show agreement and willingness to participate. They were also assured of privacy and confidentiality for their identity and of the collected data too. It was confirmed to them that collected data will only be used for the academic work and kept by the

researcher. Every secondary source of information that was used in this study has been duly acknowledged.

#### **1.9.10 Scope and Limitation of Study**

This study only covered the youth aged 18 and 35 years in Kenya, yet young people below 18 years and adults above 35 years could be experiencing the effects of the use of illicit brews and substance abuse. The study mainly focused on the year 2000-2021 because of the high cases of illicit brew and substance abuse among the youth in the 21<sup>st</sup> century. Due to the prevailing COVID-19 pandemic the research used online correspondence to minimize physical contact with respondents. To address challenge of language barrier the research employed the assistance of interpreters when administering questionnaires especially within the informal settlements.

#### **1.10 Chapter Outline**

**Chapter one:** Chapter one gives the background of the study, states the problem statements, Study's objectives, a review of the relevant literature, theoretical framework, hypothesis, and finally the methodology the study used.

**Chapter two:** This chapter was anchored on objective one of the study which is to examine the impact of the consumption of illicit brews and substance abuse on the youth in Africa.

**Chapter three:** This chapter sought to determine the relationship between the use of illicit brews and substance abuse among youth in Kenya and trends in criminal activities.

**Chapter four:** This chapter endeavours to analyse the intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among youth in Kenya.

**Chapter Five: Summary, Conclusion and Recommendations of the study.**



This first chapter introduced the study by giving the background, statement problem, objectives, review of literatures, theoretical framework and the methodology. The second chapter will look at the impact of the use of illicit brew and substance abuse on the youth in Africa.

## **CHAPTER TWO**

### **IMPACT OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE ON THE YOUTH IN AFRICA**

#### **2.1 Introduction**

Chapter one introduced the study by giving the background, statement problem, objectives, review of literatures, theoretical framework and the methodology. Chapter two will look at the impact of the use of illicit brew and substance abuse on the youth in Africa. The prevalence of consumption of illicit alcohol and substance abuse among youth globally is a matter of concern due to the devastating social, economic, health and psychological risks it poses to the individual users', their families, and nations that threaten not only economic and health but also national and regional security and stability. The hazardous use of illicit alcohol and substance abuse is a major global contributor to premature deaths, diseases, and injuries; to the consumer through health effects like cancer, liver cirrhosis, and alcohol dependence, to others through life-threatening actions of intoxicated people such as crime, drunk driving, violence, family neglect, and health effects to children. Globally, illicit drug use is directly and indirectly responsible for over 750,000 deaths per year while in Africa 84,000 deaths are linked to illegal drug use.<sup>35</sup>

The economic liberalization in Africa has led to aggressive product promotion by the manufacturers of alcohol and tobacco products through aggressive marketing watched on electronic media and other platforms of communication. As a result, youth in Africa have been attracted to the consumption of both licit and illicit substances including alcoholic drinks and drugs which has adversely affected their well-being in terms of their social, economic and health progress. Abuse of drugs and illicit brews has become a serious issue in Africa, particularly among

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<sup>35</sup> United Nations Drug Control Programme (UNDCP), (2018). Report on illicit drug use in Africa.

youth and is bigger than what is reported in newspaper headlines and other communication platforms. It is a causal factor to premature deaths among adolescents and a source of agony and misery to many families and society at large. The number of registered and unregistered drinking dens in urban areas surpasses useful structures like places of worship, schools, and eateries. The selling of these drugs and illicit brews does not follow any strict timeline, and anyone in need of drinking as early as six in the morning will be served. The majority of the addicts are extremely poor, and because the illicit brews are sold cheaply, they can afford to get drunk with as little as Kenya shillings 10 equivalent to about \$0.1 US dollars. The hygiene conditions of the brewing places are pathetic, further compromising the health and safety of the consumers.

According to the American Cancer Society (AMS) statistics, approximately 4 million people lose their lives due to tobacco use. According to American Cancer Society survey, 3.3 million Americans were active alcohol users, with 10.4 percent of them being addicts. In the study, it was also found that 2.2 million persons use tobacco.<sup>36</sup> AMS anticipates that by 2030, the number could rise to 10 million. Therefore, illicit brews, drugs, and substance abuse is a serious subject that needs careful consideration due to the economic, health, and psychological risks caused by consumption of unrecorded alcohol and substance abuse among youth. Estimating the prevalence and severity of the burden arising from the consumption of illicit alcohol and substance abuse among youth is critical at global, continental, and national levels. Therefore, this chapter addresses how substance abuse and consumption of illicit brews have impacted the youth in Africa.

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<sup>36</sup> itimo,Anthony,andPhilipMuyanga(2016),Kenya:PoliceFaceUphill TaskinDrugsWarasBaronsFightBackandChangeTack,in:Daily Nation, 25 April, online: <<http://allafrica.com/stories/201104260188.html>> (July, 2021).

## **2.2 The problem of the Use of Illicit brews and Substance abuse in Africa**

According to the modified social stress model, the problem of drug abuse and illicit brew can best be understood by looking at both the risk factors as well as the protective. In Africa, the problem of drug abuse, especially substance and illicit brew, is both a risk factor and a protective factor. Over the last two decades, there has been an unprecedented rise in the prevalence of substance abuse and illicit brew, both illicit and authorized medicine, threatening to derail societal progress. Almost every section of the world has seen an increase in the prevalence of drug abuse. The drug epidemic has not spared any country: drug and substance misuse is a significant burden as well as a catastrophic problem.

Substance abuse has become one of the world's most serious public health and socioeconomic challenge, with a drastic rate rise, especially in African countries and other developing states. In Kenya, the figure behind illicit brew and substance abuse is Alarming. According to a survey by NACADA Authority, around 30% of Kenyans aged 15 to 35 have consumed some kind of alcohol, and that at least 9% of persons from across all counties in Kenya, are current alcohol drinkers. The examination of drug use is complicated, in part because of its variety, degree of secrecy, health concerns, and various legal connotations surrounding its usage across the world. The use of illicit brew, Substance abuse, and other drugs is a global problem that disproportionately affects young people.<sup>37</sup>

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<sup>37</sup> Chege, R. W., Mungai, P. G., & Oresi, S. N An Investigation of the Factors Contributing to Drug and Substance Abuse Among The Youth In Kenya: A Survey of Select Rehabilitation Centres in Mombasa County. *International Journal of Public Health*,, 2017)

In Africa, the history of psychoactive drug usage, especially illicit brew and substance Abuse, dates back to the late 20th and early 21st centuries. The use of traditional chemicals such as alcohol, cannabis, and khat is responsible for the history of drug and substance abuse in Africa. However, the introduction of prescription drugs into Africa in the 21st century dramatically increased the availability and consumption of psychoactive drugs. Regardless, alcohol, cannabis, and khat remain the most widely misused substances in Africa. Recently, despite current legal control mechanisms, illicit brew and Substance abuse are widely available across Africa.<sup>38</sup> This is evident by regular headline reports in local dailies and other electronic media about fatalities caused by illicit brew consumption and substance abuse.

The evolution of illicit brew and substance abuse in most of Africa during the 1950s and 2000s is possibly best shown by the Nigerian situation. According to a 2001 Lambo report, between 1950 and 2000, just 0.45 percent of 4000 mental patients were drug addicts. The majority of them were caused by cannabis and pethidine. By the year 2001, however, Substance abuse was already becoming a major issue in Nigeria. The government was alarmed by the rising cases of drug abuse and drug addiction among its citizens. At the same period, the number of rehabilitation centers rose sharply as drug abuse became a serious menace.<sup>39</sup>

The analysis of the impact of illicit brew and substance abuse among African youth is a relatively new topic. A major shift appears to have occurred some 30 years ago when substance abuse entered mainstream culture and parted from the traditional consumption to misuse of a substance,

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<sup>38</sup> Browne-Miller, A., "The Praeger International Collection on Addictions: Faces of addiction, then and now".(Manchester – UK, 2009)

<sup>39</sup> Thomas, R., & Velaphi, S., "Abuse of antiretroviral drugs combined with addictive drugs by pregnant women is associated with adverse effects in infants and the risk of resistance." (South African Journal of Child Health, 2014)

especially among the youth. This trend has accelerated dramatically during the last 20 years. Concerns about the usage of hard drugs like heroin and cocaine are even more recent, having begun roughly 15 years ago in some nations and growing to include additional states in the last five years. The African Continent has been hard hit by the plight of substance abuse, especially amongst its youth. The continent has the biggest youth population. However, the proliferation of illicit brew and substance abuse has eroded the continent of the profitability and potential of its youth.

The fast economical, social, and cultural revolutions that most African nations are currently undergoing have produced a favorable environment for the disruptive use of substances and illicit brew. Illicit brew and substance abuse are also a problem in many African countries. Drug usage, particularly illicit brew and heroine, is becoming a severe problem in Egypt, with around 6% of tested secondary school students admitting to having experimented with narcotics. According to a study done by., Bisetegn. & Woldeyohannes notes that among Ethiopian teenagers, drug usage is on the rise.<sup>40</sup>

Although drug usage affects the population as a whole, the youth are the most prone. This is due to the fact that young people are easily enticed to experiment with alcohol and other narcotics. In Africa, the average age at which young individuals take alcohol for the first time is four years old. There is shifts in substance abuse that have been preceded and followed by slow and irreversible degradation of traditional social fabric and values. Traditional values where local brews were only taken on special occasion no longer exists. In the early day, illicit brew and substance abuse was

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<sup>40</sup> Birhanu, A.M., Bisetegn, T.A. & Woldeyohannes, S.M. High prevalence of substance use and associated factors among high school adolescents in Woreta Town, Northwest Ethiopia: multi-domain factor analysis. *BMC Public Health*

mainly done on the traditional purview. Local brew was mainly taken by the elders on special occasions; local brew at the time was not illegal since it was done on a reasonable scale. In this social order, the African family, in its enlarged form, occupied a primate and pivotal position. This system is collapsing. Social disintegration is also intensifying as a result of the negative effects of increased illicit brew and substance abuse. illicit brew and substance abuse has led to divorce and child neglect. Drug and alcohol addiction can have both short- and long-term consequences. Drug and alcohol misuse may strain even the most peaceful and loving families. When family members battle to engage in a son or daughter who consumes heroin, for example, conflict becomes routine.

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This is also experienced within the East African region. As per the INCB report from 2006, the East African region has become a safe refuge for drug traffickers as conventional routes through the Netherlands and Spain have become more regulated. According to the United Nations Office on Drugs and Crime (2014), Tanzania accounted for more than 60% of East Africa's more than 500,000 heroin addicts. It was estimated that close to 250,000 youth aged 15 to 35 were drug users in the country.

### **2.3 How Consumption of Illicit Brews and Substance Abuse Has Impacted the youth in Africa**

The global liquor industry has turned to Africa as a potentially untapped market, particularly targeting the youth through advertisements, promotions among many other methods. These

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<sup>41</sup> Van Zyl, A.E., "Drug Use amongst South African Youth: Reasons and Solutions." (Mediterranean Journal of Social Science, 2013)

advertisements are manipulative and lie about alcoholic consumption towards the youth.<sup>42</sup> They never display the adverse effects of alcoholism, such as diabetic patients, cancer patients, or people who have lost lives through accidents while drunk. This, accompanied by the availability of locally manufactured illicit brews, has threatened African youth. The youth are the future and light of Africa, and therefore should be protected from the effects of illicit brews.<sup>43</sup>

The impact of illicit brew and substance abuse among the youth can best be understood from the modified social stress point of view in that Illicit brew and Substance Abuse emanate from social stress. Because of the impact of mass media and television, youth are particularly vulnerable. Various factors in Africa such as poverty, family issues, moral decay, and poor behavior have made youth to be involved in drug abuse and substance abuse. The feeling of lack security, love, or environment to thrive is what has pushed a number of youth into illicit brew and substance abuse. The effects of illicit brews and substance abuse among African youth are diverse and range from individual to community. At a personal level, these include health-related problems, poor hygiene, unemployment, or even premature deaths. Some of the worst effects include an increase in crime rate at the community level due to drug dependency, weird behaviors like homosexuality and rape, prostitution, early pregnancies, and divorce.<sup>44</sup> Health is the most common effects of substance abuse and illicit brew especially among the youth. 40% of drug users develop health complication at least once in their life span. Substance abuse is also a major cause of immorality among the

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<sup>42</sup> Alcohol and Drug, Alcohol advertising that targets the young, <https://adf.org.au/insights/alcohol-advertising-targets-young/>

<sup>43</sup> Schreck, C. J., & Fisher, B. S., Specifying the influence of family and peers on violent victimization: Extending routine activities and lifestyles theories.9 *Journal of Interpersonal Violence*, 2010)

<sup>44</sup> Van Zyl, A.E., "Drug Use amongst South African Youth: Reasons and Solutions." (*Mediterranean Journal of Social Science*, 2013)



youth specifically those in universities. Further in Kenya 12% of divorce are drug related with are further tied to domestic violence and other problems.<sup>45</sup>

### **2.3.1 Unemployment**

Illicit brew and substance abuse are most common among youth aged 15 to 35, with a specific concentration among those aged 18 to 25. As a result, it covers people who have recently entered or are about to enter the labor force. Given many nations in Africa are faced with high unemployment rates, entrance into the labour force is frequently a huge problem. Consumption of illicit drugs lowers one's chances of entering or remaining in the labor force, while dissatisfaction induced by an inability to find acceptable employment stimulates drug use, creating a vicious cycle. Hankel notes that as much as unemployment leads to drugs, excessive drug abuse can also lead to unemployment individuals is often intoxicated to a point that they cannot effectively engage work. In the industrial sector majority of drug addict employs are either redeployed or suspended due to their contravening of safety and health measures that requires one to be sober while operating machines.<sup>46</sup>

In Africa, there are frequent links between unemployment and illicit brew and substance abuse. According to the Nigerian Crime Survey, the lifetime prevalence of illicit brew consumers and substance abusers among those unemployed remains 60% greater than those who are employed. According to a national household survey conducted in 2018 shows that there is a

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<sup>45</sup> The National Authority for the Campaign against Alcohol and Drug Abuse, NACADA, strategic plan for the period 2019-2022.

<sup>46</sup> *Henkel D.*, Unemployment and substance use: a review of the literature (1990-2010). *Curr Drug Abuse Rev.* (2011):4-27

frequency of illicit brew and substance abuse by those who are unemployed (4.1%), which was nearly four times those who are employed (1.1 percent).

Study conducted by Hankel, has shown that substance and illicit brew abuse is associated with unemployment. Unemployment can either be related to drug and alcohol abuse as either an outcome or a predictor. Empirical studies prove that unemployment leads to psychiatric problems such as substance abuse.<sup>47</sup> The association between substance abuse and unemployment can best be explained using three hypotheses: the stress hypothesis, the income hypothesis, and the social selection hypothesis.<sup>48</sup> The stress hypothesis argues that when people lose employment, they increase their drugs and substance abuse. The primary argument here is that stressors such as unemployment and other economic hardships lead to increased substance abuse as a coping mechanism.<sup>49</sup> On the other hand, the income loss hypothesis claims that loss of employment leads to decreased substance abuse because unemployment reduces the available income on an individual, forcing him/her to cut back unnecessary items such as drugs and substances.<sup>50</sup> The social selection hypotheses argue for reverse causality. It posits that increased substance and drug abuse prevents individuals from retaining their current jobs.<sup>51</sup> As such, alcohol and substance use leads to unemployment.

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<sup>47</sup> Henkel D., Unemployment and substance use: a review of the literature op.cit

<sup>48</sup> Catalano R, Goldman-Mellor S, Saxton K, Margerison-Zilko C, Subbaraman M, LeWinn K, et al. The health effects of economic decline. In: Fielding JE, Brownson RC, Green LW, editors. *Annual review of public health*. Vol. 32. Palo Alto, CA: Annual Reviews; 2011. pp. 431–450.

<sup>49</sup> Boden JM, Fergusson DM, Horwood LJ. *Drug Alcohol Depend*. 2014 Sep 1; 142():154-60.

Associations between exposure to stressful life events and alcohol use disorder in a longitudinal birth cohort studied to age 30.

<sup>50</sup> Henkel D., Unemployment and substance use: a review of the literature (1990-2010). *Curr Drug Abuse (2011):4-27*.

<sup>51</sup> Bowes L, Chollet A, Fombonne E, Galéra C, Melchior M Eur J . Lifecourse SEP and tobacco and cannabis use. *Public Health*. (2013):322-7.

Illicit brew drinking among the youth impacts their ability to work or retain jobs. Alcoholism is associated with hangovers, health issues brought about by drinking, recurrent absenteeism, and attending work while drunk. Also, drinking illicit brews and substance abuse affects the ability of the youth to search for employment. Employers are less likely to hire youth with records of absenteeism from previous jobs, without references from former employees, or with records of alcoholism and substance abuse addiction.

### **2.3.2 Financial Instability**

The financial impacts of the illicit brew and substance abuse issue should be determined in light of at least two distinct features: For starters, they are all addictive drugs, which may sometimes blur the line between use and abuse, as well as use and addiction. Second, because they are commodities that are traded or exchanged, they are characterised by their small volume but the high cost per unit and value.

Consumption of Illicit brews and Substance Abuse is a barrier to development. It denies the youth time for work, participate in voluntary activities, and be productive members of the African community. Worse still, it takes away the little finances the youth may have invested, leading to poverty. According to a respondents from NACADA, drugs and substance are highly addictive hence victims who are addictive to eat want more and more, they spend more on drugs than anything else hence majority of their spendings is on drugs.

The economic consequences of illicit brew and substance abuse among African youth are devastating, especially for the poor. A lot of their money is wasted on alcohol and drugs. Similarly, heavy drinkers suffer severe economic problems, including loss of employment and decline in wages, upsurge in medical and legal expenses, among others.

Illicit brew and substance abuse affects the health of the youth, this has financial implications for them and their families. Drugs adversely affect the health of the users. The drug users end up sickling with chronic illnesses. When the health situation of the drug users gets worse, they seek medical assistance. It is costly to treat the diseases associated with drug and substance abuse. A classic example is cancer. Drugs such as tobacco and alcohol cause cancer. Tobacco causes lung cancer, while alcohol causes colon and liver cancer. Oncology units are very expensive, the cost of cancer therapy varied with the type of cancer. Patients on chemotherapy alone cost an average of KES 138,207. Very few countries in Africa, therefore, have oncology units. Many cancer patients in Africa, therefore, seek treatment abroad which is costly and affordable by very few people.<sup>52</sup>

The cost of transport and treatment becomes very huge. Additionally, the chemotherapy takes a lot of time and dedication, and the patient may still end up dead. Drugs and substances affect the productivity of youth in Africa. Youth who use drugs are often very lazy and unmotivated. They cannot think of innovative ways of spending their and energy to make money. In a study conducted in central Kenya for example the young parents aged 25-35 who are drug addicts are often absent parents due to their high addiction of drugs. In Central Kenya, Women often complain of absent

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<sup>52</sup> Stefan, C., Bray, F., Ferlay, J., Liu, B., & Maxwell Parkin, D., Cancer of childhood in sub-Saharan Africa. *Ecancermedicalscience*, (2017) 11, 755. <https://doi.org/10.3332/ecancer.2017.755>

husbands due to illicit brew.<sup>53</sup> They only think of how and where they can get drugs to abuse. Such youth can, therefore, never achieve financial stability and end up relying on their parents for everything. Using drugs and substances impairs the judgment of the users. Youth who abuse drugs often spend the little money they have on drugs and substances. Since many of the youth are unemployed, they may end stealing from their parents, siblings, and neighbours. According to report from the South B Hazina police station, Majority of domestic theft are from drug addicts who steal from within the family in order to finance their drug addiction. The use of drugs and substances is addictive. Drug users end up using unconventional methods to get money for buying drugs. Drug users do almost anything to get their preferred drugs and substances. That includes stealing or conning people. In some severe cases, people sell their valuable belongings to get money to buy drugs.

In the long term, financial troubles arise when the youth who are into substance abuse and illicit brew becomes more of a burden to their families due to unemployment and colossal sums of money wasted on alcohol. Furthermore, when more of the family's financial resources are dedicated toward the rehabilitation of the affected youth, the money meant to cater to families' needs is redirected towards rehabilitation.

### **2.3.3 Family Disintegration**

Illicit brew and substance abuse among the youth forces them to disintegrate themselves from their families, peers, and the community. In South Africa for example, 24% of drug users often leave

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<sup>53</sup> Andrew M., Documenting Effects of Media on Alcohol Consumption in Central Kenya, A Master's Dissertation, (Kansas State University, and Manhattan, Kansas, 2015

away from home. Further 12% come home less than 3 times a week due to high drug addiction.<sup>54</sup> This is in line with the social control theory which states that many individuals in a society often do not engage in criminal or deviant behaviour because of the existence of strong bonds that ties them to mainstream beliefs, persons, activities or social institutions. They fall victims to stigmatization by their peers and society. Also, they disintegrate themselves from school or community activities, thus preventing their positive contribution to society.<sup>55</sup>

Abuse of drugs and illicit brews among African youth is a cause for family wrangles and breakdown. It affects both siblings and parents of the drug-taking youth. Worse, alcoholism and drug abuse among the youth can drain a family's financial resources and lead to emotional distress.<sup>56</sup>

Families and society undergo significant losses due to youth substance and alcohol abuse. The families and victims of drug addiction suffers financial losses and distress, increased burden among family members to take care of adolescents and young adults who cannot support themselves due to alcoholism and drug abuse, and increased medical and treatment costs for the drug-taking youth. Furthermore, drug addiction has been shown to produce or exacerbate dangerous social conduct that affects the family setup. Families suffer the most in times of substance abuse, especially among the youth. Alcohol is one of the most often used substances in the country, and as a result, several campaigns have been launched to promote awareness of the

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<sup>54</sup>Ramlagan, S., Peltzer, K., & Matseke, G. , Epidemiology of drug abuse treatment in South Africa. *South African Journal of Psychiatry*, 2010

<sup>55</sup> Schreck, C. J., & Fisher, B. S., Specifying the influence of family and peers on violent victimization: Extending routine activities and lifestyles theories. *Journal of Interpersonal Violence*, 2010)

<sup>56</sup> Rehm, J., Borges, G., Gmel, G., Graham, K., Grant, B., Parry, C. & Room, R., The comparative risk assessment for drugs as part of the global burden of disease 2010 study: What changed from the last study? *The International Journal of Alcohol and Drug Research*, 2013)

harmful repercussions of alcoholism. For the young families, illicit brew and substance abuse continue to cause havoc in their families. Child neglect is one of the many negative consequences of illicit brew and substance abuse. In Africa, about 1.5 million (10.5 percent) children aged 17 or younger lived in homes where at least one parent had an alcohol use disorder (Figure 2). A total of 400,000 children aged 0 to 2 (10.1%), 400,000 children aged 3 to 5 (9.9%), close to 1 million children aged 6 to 11 (10.2%), and 1.1 million children aged 12 to 17 (11.3%) lived with at least one parent who had an alcohol use disorder on an annual basis. Neglected children suffer long-term consequences that impair their emotional development.<sup>57</sup>

Nonetheless, the problem of illicit brew and substance abuse in Africa today is more than just a social and economic one. Illicit brew consumption is widespread throughout the world, and it is no surprise that Africa is also impacted. Illicit brew and substance abuse is a prevalent problem in almost every country in Africa. Illicit brew and its consequences are mainly felt in the family. The widespread practice of young people consuming illicit brew practically every day spans across racial, religious, and social lines, and family suffers the most. The family has to put up with the consequences of the consumption of illicit brew and substance abuse. This, on a number of occasions, leads to fights and quarrels within the family, thereby leading to family break-ups.

Similarly, a number of youth who consume illicit brew or abuse various substances are in young marriages or just starting up families. The impact of substance abuse and addiction in the illicit brew is always severe to their young families. For spouses married to alcoholics, there are various negative consequences of living with an alcoholic. For example, sentiments of bitterness, self-pity,

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<sup>57</sup> Ramlagan, S., Peltzer, K., & Matseke, G. , Epidemiology of drug abuse treatment in South Africa. South African Journal of Psychiatry, 2010)

and mental torture are just a few of the difficulties people must face. In circumstances where one of the parents is an alcoholic, the other spouse is left to care for the family on his or her own. This often leads to early divorce or broken families.<sup>58</sup>

According to a study documenting Effects of Media on Alcohol Consumption in Central Kenya, one of the major causes of early widowhood is illicit brew and drug misuse.<sup>59</sup> Furthermore, drinking is frequently cited as one of the primary causes of divorce. According to experts researching alcoholic families concluded that the majority of marital difficulties stem from drinking, especially for youthful families. It is worth noting that the same specialists found that the alcoholic's family, including spouse and children, may lead to family feuds and impact the health of infants or young children. This mostly happens to young families who have no experience of taking care of children and are also addicts of brew and substance abuse.

#### **2.3.4 Ill-Health and Pre-mature Deaths**

Continued and uncontrolled drug addiction is recognized as one of the leading causes of both long-term and short-term health concerns. The harmful impact of illicit brews and substance abuse on health is evident, scientifically proven, and documented in a wide range of literature that is beyond the scope of this article study. The principal psychoactive substances' harmful effects and addiction risk leads to a spiral of other health and harmful effects especially among the youth. Alcohol consumption is one of the leading causes of disability and death in sub-Saharan

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<sup>58</sup> Browne-Miller, A., "The Praeger International Collection on Addictions: Faces of addiction, then and now".(Manchester – UK, 2009)

<sup>59</sup> Andrew M., Documenting Effects of Media on Alcohol Consumption in Central Kenya, A Master's Dissertation, (Kansas State University, and Manhattan, Kansas, 2015)



Africa among male youth aged 15-24.<sup>60</sup> Ferreira-Borges et al. established in their publication that alcohol contributed to 6.4% of all deaths and 4.7% of disability-adjusted life years (DALYs) in Africa in 2012.<sup>61</sup> This is far above anticipated estimates by WHO for 2012 (2.2% deaths and 2.5% of all DALYs).<sup>62</sup>

Consumption of illicit brew and substance abuse is related to the incidence and course of HIV/AIDS. Unsafe drinking of alcohol is directly linked to many aspects of HIV/AIDS, such as negligence of antiretroviral treatment, unsafe sex, impairment of the immune system, drug interactions, and hepatotoxicity.<sup>63</sup> Study conducted by Otieno and Ofula linked alcoholism and substance abuse as the key drivers of the HIV/AIDS pandemic in Kenya, Africa, and globally.

This is so because their intake makes an individual lose self-control and less conscious in making the right decisions, leading to risky sexual behavior.<sup>64</sup> There are instances of blood flashing among Kenyan youth in Mombasa where one administers drugs intravenously. A second injecting drug user draws blood directly from the first user and injects it into his/her bloodstream.<sup>65</sup> This increases the chances of HIV/AIDS infections and poses other dangers of contracting hepatitis or even death due to blood agglutination.<sup>66</sup> The burden of mortality due to illicit brew consumption in Africa is

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<sup>60</sup> Schreck, C. J., & Fisher, B. S., Specifying the influence of family and peers on violent victimization: Extending routine activities and lifestyles theories.9 *Journal of Interpersonal Violence*, 2010).

<sup>61</sup> *Ferreira-Borges C, Rehm J, Dias S, Babor T, Parry CD*). The impact of alcohol consumption on African people in 2016: an analysis of burden of disease. *Trop Med Int Health*. 2016 Jan; 21(1):52-60.

<sup>62</sup> World Health Organization. *Global Status Report on Alcohol and Health—2014*. World Health Organization; Geneva, Switzerland: 2014

<sup>63</sup> Schreck, C. J., & Fisher, B. S., Specifying the influence of family and peers on violent victimization: Extending routine activities and lifestyles theories.9 *Journal of Interpersonal Violence*, 2010)

<sup>64</sup> Andrew, Otieno & Ofula, V. Drug Abuse in Kisumu Town Western Kenya. *African Journal of Food, Agriculture, Nutrition and Development* (2009) Vol 9 Num 3

<sup>65</sup> NACADA, . Report Situation Assessment of Drugs and Substance abuse in. Nairobi. 2007

<sup>66</sup> Ibid

higher than the global estimates of alcohol-related death rates. Globally, illicit drug use is directly and indirectly responsible for over 750,000 deaths per year while in Africa 84,000 deaths are linked to illegal drug use<sup>67</sup>. Thus African countries need to address the consequences of irresponsible alcohol consumption with more seriousness.<sup>68</sup>

In Kenya, statistics of illicit brews between 1998 and 2005 show an increase in deaths due to drinking illicit brews.<sup>69</sup> Eighty people lost their lives in Nairobi in 1998 after consuming *chang'aa*.<sup>70</sup> Similarly, 512 people were admitted to Kenyatta national hospital in Nairobi in 2000, out of which 137 lost their lives, and 20 people lost their sight after *chang'aa* intoxication. Also, in Machakos, 50 people died after taking *chang'aa*.<sup>71</sup> Same as in Shauri Moyo, in Nairobi, ten people became visually impaired after taking *change*.<sup>72</sup> They included youth and early adults. Overdependence on alcoholism causes liver cirrhosis, various types of cancer, and permanent brain damage among the users.<sup>73</sup>

### **2.3.5 Crime and Violence**

The Modified Social Stress Model is intended to serve as a reference to elements that may lead to youth participating in various risk behaviors such as substance abuse and consumption of illicit brew. The confluence of alcoholism, drug misuse, and violence manifests itself in a variety of

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<sup>67</sup> United Nations Drug Control Programme (UNDCP), (2018). Report on illicit drug use in Africa.

<sup>68</sup> Schreck, C. J., & Fisher, B. S., Specifying the influence of family and peers on violent victimization: Extending routine activities and lifestyles theories.9 Journal of Interpersonal Violence, 2010)

<sup>69</sup> Kenya Association of Professional Counsellors (KAPC). Accessed May 28, 2021. <https://www.kapc.or.ke/downloads/munira.pdf>.

<sup>70</sup> Munira, A. Statistics of Illicit Brews in Kenya (1998-2005). Retrieved from <http://www.kapc.or.ke>

<sup>71</sup> Gustavo, S., HIV in World Cultures: Three Decades of representation, Ashgate publications Ltd. 2013)

<sup>72</sup> Schreck, C. J., & Fisher, B. S., Specifying the influence of family and peers on violent victimization: Extending routine activities and lifestyles theories.9 Journal of Interpersonal Violence, 2010).

<sup>73</sup> WHO., Global Status report on Alcohol and Health. Switzerland: World Health Organisation, 2014)

ways: Liquor and other addictive drugs can impair brain functioning, causing a 'high' person to act aggressively and violently. People who are addicted to pricey morphine or cocaine may commit horrible crimes in order to obtain the finances needed to obtain additional narcotics. Crime is common in families where alcohol use and substance abuse is rampant. Berger posits that approximately 30% of cases involving father-daughter incest and about 75% of domestic violence cases revolve around one or more family members consuming illicit brews and substance abuse. Kenya's urban areas are widespread with young adults engaging in illicit brew consumption and substance abuse resulting in increased crime and domestic violence. The slums and informal settlement areas are high in crime and also high in illicit brew and substance abuse. In Nairobi are, Mukuru kwa Nyayo and Mukuru Kwa Ruben are high on crime and also high on illicit brew.

This case is a replica in most countries in Africa which worsens the situation making the future of African youth to become unproductive and weak both locally and internationally. Drug trafficking sellers, and not liquor salespeople, use violence in conducting business. Liquor, opioids, opiates, and psychomotor enhancers all seem to be distinct in terms of how they are linked to various types of violent tendencies. The current breakouts of "crack" cocaine and "ice" methamphetamine in Africa are striking instances of important and challenging major health problems that must be explored carefully and comprehensively as they have caused the ever-growing crime rates in parts of South Africa, where most of the youth are affected by the trend of the above-mentioned drugs.

Murder, rape, and attacks are common among alcohol-abusing youth, including those who have been labeled as alcoholics and those who do not meet the mental diagnosis for alcoholism. Alcoholism was revealed to be a common and widespread problem amongst convicted sex

offenders in Africa. A relatively high percentage of rapists in the past decade have been identified to be illicit brew users and hard drug users<sup>74</sup>. Rape cases as a result of drug abuse have risen from twenty percent to a staggering thirty-five percent through a study conducted by the United Nations in African countries. In a 1988 study in Washington, D.C., it was discovered that kids that distributed and also used narcotics were much more likely to be criminals than others who just supplied drugs. Heavy cannabis users were found than non-users to conduct sexual offenses, and narcotics trafficking minors had elevated levels of crimes of violence. This has hardly hit African countries such as South Africa, Congo, Kenya, and Nigeria.<sup>75</sup>

Drug and illicit brew abuse is depicted as a common predicament to youth criminality, as shown by the Youth Court.<sup>76</sup> In New Zealand, teenagers who have indulged in alcoholism and substance abuse are more likely to commit crimes than those who do not. Approximately 80% of the youth before the Youth Court have their profiles linked to alcoholism or substance abuse.<sup>77</sup> Alcoholism has been found to play a significant role in escalating the levels of violence among the youth. Various studies have established a link between illicit brews and various types of violence, be it sexual assault or physical crime.<sup>78</sup>

Although there is limited research evidence linking youth drinking and violent behavior and criminology, according to a study conducted by Vanzyl, adolescent drinkers are more prone to participate in aggressive conduct and criminality as adults. When compared to nondrinkers,

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<sup>74</sup> Ramlagan, S., Peltzer, K., & Matseke, G., Epidemiology of drug abuse treatment in South Africa. *South African Journal of Psychiatry*, 2010)

<sup>75</sup> Ibid

<sup>76</sup> Lynch, N., *Youth justice in New Zealand*. Wellington. Brokers, 2012

<sup>77</sup> Ibid

<sup>78</sup> World Health Organization. *Reducing risks, promoting healthy life*. Geneva, Switzerland: Author; 2002.

adolescent drinkers had double the chance of getting arrested and engaged in crime in early adulthood. Arrest by the juvenile justice system is an unavoidable result of young participation in illicit brew drinking and drug abuse. There is a substantial link between juvenile delinquency and drunkenness, and drug usage.<sup>79</sup> Substance abuse among the youth is associated with youth engagement in violence and income-generating crime. In a survey done by John Wahungu (2013) the use of various drugs resulted in violence. One of the local authorities explained that a majority of youth who had been arrested due to cases of violence were intoxicated and that most of the youth had initially been arrested for the use of drugs and substances.<sup>80</sup>

Drugs are expensive and highly addictive. Likewise, alcoholism and substance abuse lead to unemployment and a decline in income. Thus, youth are forced to find alternative ways to raise money to maintain their drug life. As a result, they engage in criminal activities such as theft and robbery, selling a home or office property, car hijacking, or even engaging in commercial sex to raise money for their drugs.

### **2.3.6 Increased School Dropout**

Underage alcohol misuse is linked to deteriorating academics grades, school absenteeism and other academic problems, and a higher likelihood of school dropouts. Hawkins, Catalano, and Miller cite data that indicates a lack of ambition to schooling and increased absenteeism levels are linked to teenage substance abuse and illicit brews that are cheaply available in many African

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<sup>79</sup> Van Zyl, A.E., "Drug Use amongst South African Youth: Reasons and Solutions." (Mediterranean Journal of Social Science, 2013)

<sup>80</sup> Wahungu J, Effects Of Illicit Brew Drinking And Intervention Measures On Unemployed Youth In Bungoma County, Kenya, University of Nairobi Masters Thesis, (2013)

countries.<sup>81</sup> Cigarettes, liquor, and illegal substance use across secondary school pupils in Cape Town, South Africa, indicates dropouts. A peer survey was given to 1,470 pupils in Grade 8. In between the beginning of the investigation and four years later, 54.9 percent of pupils dropped out, demonstrating the severe effect of substance and illegal alcohol misuse in African countries. According to analysis, there are at least two possible causes. To begin with, drug addiction can hinder mental performance, which could also lead to lower school performance and a halt in career endeavors. According to 2019 World Health report, severe underage alcohol use can cause issues with cognitive mental function as a result of a change in juvenile cognitive function.<sup>82</sup> As a result of such memory and cognitive issues, educational attainment, as well as participation in schoolwork, might suffer, increasing the likelihood of educational troubles and dropouts. It is quite possible that substance abuse use by teenagers has correlation with delinquent peer relationships, which reduces educational attainment and worsens other psychological and cognitive issues. This has hardly hit African countries because of the high engagement of the youth in illicit alcohol brewing, especially as an economic activity for most of the parents. It is very evident that if the youth dwell in such environments, then school dropouts will be on the rise.<sup>83</sup>

School dropout, absenteeism, and decline in grades are linked to alcoholism and substance abuse among the youth. According to Alcohol contribute to 25% of school dropout in Nigeria and 5% of poor grades among students in Nigeria.<sup>84</sup> Alcoholism and substance abuse are linked with

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<sup>81</sup> Van Zyl, A.E., “Drug Use amongst South African Youth: Reasons and Solutions.” (Mediterranean Journal of Social Science, 2013)

<sup>82</sup> World Health Organization. Global Status Report on Alcohol and Health—2014. World Health Organization; Geneva, Switzerland: 2014

<sup>83</sup> Area 254 Com : Effects of Alcoholism, Chilling Discoveries Kenya Education Guide, 2011)

<sup>84</sup> Chikere, E.IC. and Mayowa, M.O. Prevalence and perceived health effect of alcohol use among male undergraduate students of Owerri, South East Nigeria. A descriptive cross sectional of study, (2011)

cognitive and behavioral problems among the youth, contributing to poor academic performance and progress in school.<sup>85</sup>

According to Ajayi and Ekundayo's research, drug use is a major hindrance to effective teaching, school administration, as well as the process of learning in the education system of Nigerian. The illicit brew was the most widely used psychoactive drug in public secondary schools in Lagos, Nigeria (29.1 percent), then other stimulants like kola nut and as well as coffee (23.3 percent ).<sup>86</sup>

Ajayi and Ekundayo argue that youth who get hooked to drugs may experience short-term memory loss, cognitive impairment, and impaired sensory function. In addition to the addiction, all of these issues will lead to poor academic performance as well as self-esteem issues. Depression or an increased dependency on medications might result from a low self-image. For our youth, it's a never-ending cycle.<sup>87</sup>

Alcoholism among the youth has been linked with the unlikeliness to complete school.<sup>88</sup> Adolescents addicted to a substance and illicit brew abuse suffer various academic problems. Drug abuse impacts the brain adversely, resulting in a significant decline in the brain's potential to function optimally.<sup>89</sup> Alcohol and substance abusers suffer cognitive and behavioral problems that affect their academic performance and prevent school progress.<sup>90</sup> It may also lead

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<sup>85</sup> Catalano R, Goldman-Mellor S, Saxton K, Margerison-Zilko C, Subbaraman M, LeWinn K, et al. The health effects of economic decline. In: Fielding JE, Brownson RC, Green LW, editors. *Annual review of public health*. Vol. 32. Palo Alto, CA: Annual Reviews; 2011. pp. 431–450.

<sup>86</sup> Ajayi I.A. & Ekundayo H.T (2010) Cotemporary issues in Educational management, Lagos. Nigeria. Bolbay publisher

<sup>87</sup> *ibid.*

<sup>88</sup> Balsa, A. I., Giuliano, L. M., & French, M. T., The effects of alcohol use on academic achievement in high school. *Economics of Education Review*, 2011 30(1), 1–15. DOI: <https://doi.org/10.1016/j.econedurev.2010.06.015>

<sup>89</sup> *ibid*

<sup>90</sup> United Nations, World Drug Report. New York: Oxford University Press, 2005.

to interference of school atmosphere and destruction of classroom order and school property destruction.

## **2.4 Conclusion**

This chapter has looked at the impact of the use of illicit brews and substance abuse on the youth in Africa. The chapter discussed the problem of illicit Brew and substance abuse in Africa and the impact of illicit brew and substance abuse in on youth in Africa like increased crime and violence, health impacts, family disintegration and school drop out. Substance abuse and the use of illicit brews are common among African youth. Alcoholism and drug abuse affect the lives of African youth in several adverse ways. First, it is a cause for the high dropout rates among adolescent students. There is a correlation between intake of marijuana and illicit brews with poor academic performance and school dropout. Also, illicit brews and drug abuse pose serious health consequences on adolescent users. They are known to cause sicknesses such as liver cirrhosis and other types of cancer and permanent brain damage. The use of illicit brews and substance abuse also exposes the youth to the dangers of contracting HIV/AIDS and unwanted pregnancies due to reckless sexual behavior.

Similarly, they contribute to most premature deaths through accidents, homicide among others while drunk or through diseases acquired through alcoholism and substance abuse. Illicit brews and drug abuse are also known to cause family disintegration due to the cruelty and chaotic nature of the abusers. It is also a cause for unemployment and financial decline among the youth, thus leading to crime and the use of violence to acquire money for the purchase of drugs. Therefore it is clear that consumption of illicit alcohol and substance abuse among African youth is a challenge



to development and prosperity of the continent. The African governments must develop strategies and policies to curb the widespread of this menace to rescue the youth from the negative effects of illicit brews consumption and substance abuse; otherwise, Africa risks becoming a continent with little or no hope for quality life of her people within the international community. The next chapter of the study will look at the Use of Illicit brew and substance abuse among the youth and trends in criminal activities in Kenya.

## **CHAPTER THREE**

### **USE OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG YOUTH AND TRENDS IN CRIMINAL ACTIVITIES IN KENYA**

#### **3.1 Introduction**

In the previous chapter, the study looked at the impact of the use of illicit brews and substance abuse on the youth in Africa. This chapter will go ahead to look at the Use of Illicit brew and substance abuse among the youth and trends in criminal activities in Kenya. There exist a very close relationship between the use of illicit brews and substance abuse delinquent and eventually criminal conduct globally. The abuse of substance and illicit brew decreases inhibitions and reasonable thinking, and once hooked, the user feels compelled to continue the criminal trend in order to fulfill the need.

According to a 2010 study conducted by Stewart in Britain, the connection between acquisitive criminal conduct and drug use in a group of 1075 clients aged 16 to 58 years recruited for the National Treatment Outcomes Research. Clinical personnel conducted a systematic interview. The vast majority of the customers were opiate-dependent poly-drug addicts. Over 27000 acquisitive criminal acts were recorded by the group in the three months preceding treatment, with shoplifting being the most prevalent. National Crime Research Centre indicates that the frequency of illicit alcohol and drug use was related to higher levels of criminal behavior. High-rate offenders were 11 times more likely to be drug users on a regular basis.<sup>91</sup>

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<sup>91</sup> National Crime Research Centre.,. National Crime Mapping Survey, 2016. Nairobi: NCRC, (2017)

### **3.2 Relationship between Use of illicit brews and substance abuse among youth in Kenya and international drug trafficking**

After the conclusion of the 30th Special UN Assembly that was held between the 19th and 21st April 2016, recurrently mentioned as the UNGASS 2016 drug abuse and trafficking of illicit substances was regarded as an international crisis and this led to the affirmation of member states to commit themselves towards achieving the goals and objectives of three international drug control conventions. Kenya has been centrally positioned in Eastern Africa grants it the opportunity to be the regional economic hub due to its easy accessibility to the sea and its more developed transport infrastructure ranging from road to rail and air transport. Kenya has become a favorite transit point for drug traffickers through the Kenyan airports that have easy access to European countries as compared to others countries within the region and the vast coastline which has been used as an entry point for drug traffickers. These factors have made narco-tourism to become a major hurdle yet to be tackled by the Kenyan government. NACADA reports that in 2017/2018 645kgs of cannabis, 4.1kgs of heroin, 103kgs of cocaine, and 8.93kgs of methamphetamine were seized while being transported within the country.<sup>92</sup>

The scourge of drugs and illicit substances in Kenya has led to the country becoming a transit point of hard drugs from Colombia heading to European countries. Recently the African continent has experienced a surge in the production distribution and consumption of illicit drugs and substances and the youth have been the most affected by this. This has led to Kenya becoming a hub for organizational and individual drug cartels. A majority of Members of Parliament in Kenya have been indicted with international drug trafficking charges including former assistant minister John

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<sup>92</sup> Schubert, M., The Impact of Drug Trafficking on Informal Security Actors in Kenya. *Africa Spectrum*, (2016), 55-81. Retrieved June 21, 2021, from <http://www.jstor.org/stable/24589118>

Harun Mwau who was classified to be a “drug pin” by the US government.<sup>93</sup> In 2014 Baktash Akasha and his brother Ibrahim Akasha were arrested in Mombasa together with two of their associates. The brothers were in charge of a large web of international drug trafficking based in Kenya and were responsible for the shipment of tons of narcotics to various parts of the world. Such kind of wealthy individuals who are deep-pocketed have managed to bring various illicit substances into Kenya and are using youth to supply the drugs to other youth. Most of the youth can get their drugs from fellow youth within school institutions as a result of the “drug pins” bringing the drugs into the country.<sup>94</sup> Drug trafficking therefore has made it easy for youth especially in major urban cities such as Mombasa and Nairobi to access these narcotic substances. According to National Crime Research Centre reports, there is increased cases of cross border black market of illicit brews and substances along the international borders of Kenya, Uganda and Tanzania. This poses not only a security and health threat but also undermines economic stability since the cash generated is not reflected in the formal channels of revenue apart from making this illicit alcohol available to youth in Kenya.<sup>95</sup>

### **3.3 Impact of Drug and substance-related crime on National security**

National security is all about the protection of individuals, society, and the nation from both external and internal threats. It’s the safekeeping of the nation as a whole. In Kenya, there are institutions that will ensure that the national security is well safeguarded and the protection of the individuals, society, and state as well. These security institutions include; Kenya Defence Forces, National Intelligence Service(NIS), National police service, National Government administration

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<sup>93</sup> Githongo, John, and Ndungu Wainaina, Kenya: Drugs – the Final Frontier in the War Against Corruption, in: Nairobi Star, 17 December, online: (2013).

<sup>94</sup> Schubert, M., The Impact of Drug Trafficking on Informal Security Actors in Kenya. *op.cit.*

<sup>95</sup> National Crime Research Centre., Borderland-Related Crimes and Security Threats in Kenya. Nairobi, Kenya: The Jomo Kenyatta Foundation Publishers, (2018)

office, NACADA. The prevalence of drug trafficking in Kenya with its association with the increase of small-arms and weaponry and the high tendency to instigate violence has increased crime rates especially kidnapping, mugging among others. This is because, as already indicated, most victims of hard drug abuse as a result of illicit drug trade usually distort the peace and harmony in the community through practices and acts such as rape, defilement, domestic violence child neglect, and torture, armed-robbery, and murder. This poses a great threat to National Security in the country.<sup>96</sup>

According to the Institute of Economic Affairs Youth Compendium (2011), approximately 57% of crimes reported to the police in Kenya are committed by the youth. The number of youth dominated criminal gangs in the country is also on the rise. High tendency for, religious, electoral, and civil violence and extremism in the country is perpetrated by youth intoxicated with illicit alcohol and drugs.<sup>97</sup> As indicated earlier, most addicts of illicit drugs in Kenya suffer impaired judgments and these are usually the youth. Therefore, youth tend to be susceptible to violence in case they are provoked by anything in the community. These youth try to push their own agenda for political social and ethnic groups through violence for recognition. One major consequence of drug trafficking is brought up by the political and ethnic vigilante groups which destroy the peace and security of the country. This is because such vigilante groups usually depend on the abuse of illicit drugs to become hyper to carry out their operations. In effect, drug trafficking in Kenya poses a great challenge to the National Security of the country.<sup>98</sup>

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<sup>96</sup> Borhani, Y, Substance Abuse and Insecure Attachment Styles: A relational study. *Journal of Transdisciplinary Writing and Research*, (2013)1-14.

<sup>97</sup> National Crime Research Centre., *National Crime Mapping Survey*, 2016. Nairobi: NCRC, (2017)

<sup>98</sup> *ibid*

In Kenya, drug traffickers have control and stakes in Government and the police., The drug cartels have become powerful with the backing of some few corrupt officers. Drug crime in Kenya is highly organized, powerful and well-financed.<sup>99</sup> These crimes associated with illicit alcohol consumers and drug users has overstretched the already burdened criminal justice system in terms financial and human resources.

### **3.3 The complex relationship between use of illicit brews and substance abuse and crime in Kenya**

According to Social Control Theory, many individuals in a society often do not engage in criminal or deviant behaviour because of the existence of strong bonds that ties them to mainstream beliefs, persons, activities or social institutions. The abuse of various drugs and substances has been on an upward trend becoming a significant threat at national and international levels.. Drugs and substance abuse globally has been treated as a national epidemic.<sup>100</sup>

According to Andrew, the abuse of drugs and various substances has rapidly increased over the recent years where the youth have been engaging in the use of both illicit and licit substances. Due to the high intake of these substances by the youth, there has been an increase in crime committed by the youth and rampant domestic violence. In a special report submitted to the President of the United States in 2007, it was found that teenagers involved in the abuse of drugs are highly likely to be involved in violent behavior, one in four teens(27%) who had been involved in substance abuse were reported to have attacked other persons with the intent to harm. Up to 2004, the number of HIV/AIDS infections among the youth spread through injection of substances and sharing of

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<sup>99</sup> Borhani, Y, Substance Abuse and Insecure Attachment Styles: A relational study. Journal of Transdisciplinary Writing and Research, (2013)

<sup>100</sup> Andrew, Otieno & Ofulla, V. Drug Abuse in Kisumu Town Western Kenya. African Journal of Food, Agriculture, Nutrition and Development (2009) Vol 9 Num 3.

syringes and even blood by the “flushing” method was between 68%and 88%.<sup>101</sup>

In Kenya, several agencies have been formulated to help with the fight against illicit drugs and substance abuse in conjunction with the United Nations Office on Drugs and Crime Agencies (UNODC) such as the National Agency for the Campaign against Drug Abuse (NACADA), the anti-narcotics unit under the Directorate of Criminal Investigations and Support for Addictions Preventions and Treatment in Africa (SAPTA) an international Non-Governmental Organization registered in Kenya. In a 2017 study by NACADA, it was found that 3.3 million Kenyans were active users of alcohol with 10.4% of them being addicts. In the study, it was also found that 2.2 million persons use tobacco, 1.1 million persons used miraa and 270,000 people used cannabis. Regions that have a high prevalence of alcohol and drug abuse are Nairobi, Kiambu, and Mombasa regions.<sup>102</sup>

In its 2019-2022 strategic plan, NACADA defines an illicit drug as a psychoactive substance whose production, sale, use, or purchase is prohibited by law and for which violators are subject to criminal penalties. Globally the UNODC has projected that between 155 and 250 million people accounting for up to 5.7% of the population used illicit substances at least once in 2008.in a Daily Nation issue of May 9th, 2019 the use of locally made brews was not harmful not until their sale became commercialized. The use of illicit brews has resulted in the demise of hundreds of persons, health problems to the abusers, and socioeconomically effects. In Kenya, several illicit brews

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<sup>101</sup> Andrew M., Documenting Effects of Media on Alcohol Consumption in Central Kenya, A Master’s Dissertation, (Kansas State University, and Manhattan, Kansas, 2015)

<sup>102</sup> Chege, Mungai, and Orese., An investigation of the factors contributing to drug and substance abuse among the youth in Kenya: (a survey of select rehabilitation centers’ in Mombasa County, 2017)

include Chang'aa, mnazi, busaa, muratina, and mti ni dawa.<sup>103</sup>

On several occasions, illicit brews have led to methanol poisoning outbreaks in the country as their production is unregulated thus the brewers addition of formalin or battery acid to speed up the fermentation process which results in a harmful substance. Of the illicit brews, Chang'aa is the most lethal among them causing several deaths hence it has earned the name "kill-me-quick". The illicit brews have killed hundreds between the years 1998 to 2005: In 1998, August over 80 people died in Kenya after the consumption of Chang'aa. Coming to November 2000 in Nairobi 512 persons have admitted to the Kenyatta National Referral Hospital and out of these persons 137 of them died 20 lost their eyesight and others were left physically disabled. In July 2005, 50 people died of Chang'aa poisoning in Machakos, in April 2010, 15 people died in Shauri Moyo Nairobi and 10 others were left visually impaired.<sup>104</sup> A majority of people who were affected in these cases were the youth. NACADA reports that up to 3 million litres of illicit brews were taken hold of and destroyed in the year 2017.

### **3.4.1 Use of illicit brews and substance abuse and crime trends**

In the 2018 annual crime report by the Kenyan National Police Service, there was a 13% increase in the number of reported cases from 77,992 reported in 2017 to 88,268 cases reported in 2019. The increase in crimes was highly associated with increased use of alcohol drugs and illicit substance abuse. The slums and informal settlement areas are high in crime and also also high in illicit brew and substance abuse. In Nairobi are, Mukuru kwa Nyayo and Mukuru Kwa Ruben are

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<sup>103</sup> The National Authority for the Campaign against Alcohol and Drug Abuse, NACADA, strategic plan for the period 2019-2022.

<sup>104</sup> Andrew M., Documenting Effects of Media on Alcohol Consumption in Central Kenya, A Master's Dissertation, (Kansas State University, and Manhattan, Kansas, 2015)



high on crime and also high on illicit brew. These cases ranged from the creation of disturbance, theft, possession of drugs especially cannabis for personal use, and defilement cases. The crime that had the highest increase in the number of reported cases was the possession of cannabis for personal use with an increase in 2,268 cases followed by assault and defilement with 1,544 cases and 1,450 cases respectively. Scientific studies over the past two decades have found out that several crimes can be attributed to the use of substances. It has been found that higher chances of the cause of illicit brews and drug abuse among the youth are due to psychological, socio-cultural, and political factors.<sup>105</sup>

It is noted that a majority of the persons who abuse these substances are males however with the involvement of women in the labor market their numbers have been on an upward trajectory. Cannabis was the most consumed drug globally with an estimation of 192 million people using the drug. In a press release by the UNODC on June 25th, 2020 the Executive Director-General warned that there was a looming drug abuse crisis during the COVID-19 Pandemic as most governments had underfunded their fight against the use of illicit drugs and their manufacture. The underfunding would result in increased consumption of drugs and illicit brews as a majority of the people had been retrenched from their jobs and were vulnerable to falling victims of illicit brew and drug abuse. According to NACADA, the consumption of drugs and illicit substances is mainly a result of peer pressure among the youth and curiosity.<sup>106</sup>

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<sup>105</sup> Emmy K., Drug laws and human rights published in the Mainline Crime Observatory Survey Report, (2018)

<sup>106</sup> Schubert, M., The Impact of Drug Trafficking on Informal Security Actors in Kenya. *Africa Spectrum*, (2014), 55-81. Retrieved June 21, 2021, from <http://www.jstor.org/stable/24589118>

The complex relationship between drug abuse and illicit brews leading to criminal activities has been a huge point of interest to the Kenyan government, NGO's and various stakeholders. Although drug abuse is damaging in and of itself due to the extreme acute and long-term medical consequences that alcoholics and substance abusers face, it is also troublesome for its apparent impact on criminal behavior. There is widespread consensus that drug addiction frequently occurs in the context of interpersonal violence. Illicit brews and other substances of misuse can affect brain functions, causing a high-risk person to act aggressively and violently. People with serious heroin or cocaine addictions may engage in violence in efforts to get the funds required to buy more drugs. Kenya has been home to illicit brews for a long time with the youth heavily consuming it as a cheaper way of satisfying their addiction. Western and central parts of Kenya have been documented as the hot-spot of illicit brews such as changaa and muratina. These brews are made in a substandard manner and have serious damages to the liver, brain and can also lead to blindness in extreme cases.<sup>107</sup>

Kenya as a third-world country is limited to resources hence many of the youth are unemployed and lack the financial capability to purchase these drugs. This is in line with the Modified Social Stress Model theory that model asserts that the presence of risk factors in an individual's environment increases the likelihood of that individual to commence, continue and intensify the use of drugs. Illicit brews and hard drugs according to research have a serious addiction and mental damage. Nairobi and Mombasa have been highly affected by the violent criminal acts caused by substance-addicted youth, In an average day, the two cities record over a hundred petty crimes caused by drug abusers in the quest to satisfy their addiction. Homicide, rape, and robberies are

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<sup>107</sup> Security Research and Information Centre., The impact of Illicit Alcohol Consumption on Commission of Crime in Central Kenya, (2018)

common among illicit alcohol-abusing individuals, including those who have been labeled as alcoholics and those who do not meet the mental criteria for alcoholics. Alcoholism was revealed to be a widespread problem among convicted rapists in Kenya. The two form a complex relationship whereby the government needs to analyze both to come out with the best possible solution of curbing drug abuse and criminal activities in Kenya.<sup>108</sup>

Most youth who are involved in homicide possess high mental disorder that is linked to illicit brews and drug abuse. Some criminal activities will such as murder have a high mental impact on an individual hence most of the offenders rely on drugs to make them feel relieved. Of course, a person will not commit a homicide crime and lead a normal life, he will be suspicious and on the run, especially if the authorities are pursuing him. Drugs will act as a cushion to their criminal life. Nairobi areas of Mathare and Eastland's have been heavily affected by youth who engage in criminal activities and abuse drugs. The above areas are prone to many criminal offenses which have worsened due to the coronavirus pandemic because many youth lost their jobs.<sup>109</sup>

Youth engage in drug selling which is a criminal activity and they, later on, become addicts. The money they get from criminal activities has a minimum impact on their lives hence it all goes back to drugs and illicit brews as their only form of recreation and entertainment. Defilement, violence, petty theft, causing a commotion, possession of illegal items are all crimes that have been on the rise in Kenya. Defilement of minors has been on the rise as these criminals use drugs to intoxicate their victims and later rape them. This clearly shows that most criminal activities will make one

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<sup>108</sup> Kandel, D., Yamaguchi, K & Chen, K. Stages of Progression in Drug Involvement from Adolescence to Adulthood: Further Evidence for the Gateway Theory. (Journal of studies on alcohol, 2013).

<sup>109</sup> Beckerleg, S., Telfer, M. & Hundt, G.L. The rise of injecting drug use in east Africa: a case study from Kenya. *Harm Reduct J* 2, 12 (2015). <https://doi.org/10.1186/1477-7517-2-12>.

dependent on drugs to get away with it. The Kenyan government is working hand in hand with the united nations to come up with a sustainable solution for curbing criminal activities linked to drug abuse.<sup>110</sup>

### **3.5 Crimes committed by illicit brew consumers and substance abusers**

Drug abuse remains one of the most critical issues confronting countries all over the world. Illicit alcohol and Substance abuse is one of Kenya's biggest societal threat, having widespread and easily detectable implications in public health as well as negative consequences for violence and criminality among the country's youth. The government, parents, and religious leaders, Teachers, non-governmental agencies, and other concerned stakeholders are also invited to give their hand in the fight against drug and substance abuse among youth in Kenya. It is much more prevalent than parents fully comprehend and they are unaware of the degree of drug abuse among their children.<sup>111</sup>

The youth hence believe they can use substances without punishment. School-aged children are constantly abusing illicit brews, bhang, and cigarettes. It has become a trend, according to investigations and seizure reports. Those between the ages of 16 and 30 are the most afflicted, as this is a vital phase in one's growth. The high degree of criminal activity documented in Nairobi's metropolitan has been strongly connected to drug usage and easy access to illicit brews. Tobacco, liquor, bhang, and "miraa" have been the most often misused narcotics amongst teenagers but lately, morphine, cocaine, and heroine have joined the lists. Sleeping pharmaceuticals,

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<sup>110</sup> Mutisya, Dorothy & Willis, Justin. (2009). Budget drinking: Alcohol consumption in two Kenyan towns. *J East Afr Stud.* 3. 10.1080/17531050802682770.

<sup>111</sup> NACADA., Alcohol and Drug Abuse in Kenya. Final National Baseline Survey, on Substance Abuse in Kenya. Government Printer Nairobi: Kenya, (2016)

tranquilizers, cough mixtures, and hallucinogens like glue and petrol are now widely used, particularly among street kids who are forced to engage in illegal acts such as robbery to make ends meet in the unbearable streets' life of Mombasa and Nairobi. The Kenya security unit's anti-narcotics team makes the process appear even more overwhelming as their officers lack integrity in the operation against drug abuse among juveniles. Nairobi has indeed established itself as a major drug transit hub. Adults manage drug trafficking, although the immediate source of drugs for youth in Kenya is their fellow peers. Drugs purchase needs finances which lead to gang crimes, violence, and even murder at the extreme to get money to purchase these drugs.<sup>112</sup>

A sustainable solution towards illicit brews and substance abuse in Kenya has to be established in order to save future generations. The law against drug abuse should be reviewed and strict measures taken to adults supplying students with illegal drugs. Kudos! To non-governmental organizations such as the United Nations for coming out to fight drug and substance abuse through their organ of United Nations Office on drug and crime.

### **3.5.1 Use of Illicit brews and substance abuse and violent crime**

In a survey done by John Wahungu (2013) a majority of the people agreed that the use of various drugs resulted in violence. One of the local authorities explained that a majority of youth who had been arrested due to cases of violence were intoxicated and that most of the youth had initially been arrested for the use of drugs and substances.<sup>113</sup> The use of illicit brews and substances interferes with the normal functioning of the mind leading to paranoia and agitation among the users which would result in violence. Consequently, once an individual became addicted to the use

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<sup>112</sup> NACADA, Rapid situation assessment of the Status of drug and substance abuse in Kenya, (2018) pg 89.

<sup>113</sup> Wahungu J, Effects Of Illicit Brew Drinking And Intervention Measures On Unemployed Youth In Bungoma County, Kenya, University of Nairobi Masters Thesis, (2013)

of these substances they would require the funds to be able to purchase the drugs hence their involvement in a forceful robbery using homemade guns pangas, machetes and knives to forcefully steal from other citizens. Research shows that the number of reported cases of youth violently attacking people and theft is directly proportionate to their frequency of using `illicit brews and drugs.<sup>114</sup>

Violence in Kenya has been heavily linked with illicit brews and drug abuse. In Kenya, around one million violent offenses happen annually which complainants believe the perpetrator was intoxicated or using substances at the scene of the offense. Witnesses often indicated that they felt the criminal was high on hard drugs in around 1 out of 5 violent incidents recorded. Domestic violence has been so rampant in Kenya especially to the University going youth who abuse illicit brews and other drugs such as bhang.<sup>115</sup>

The youth are also involved in violent crimes such as the murder of their girlfriends and about ninety percent of these cases are caused by substance abuse. In 2019, A woman in Kahawa Sukari was assaulted and Killed by husband drunk husband due to domestic issues. Most of the convicts accused of robbery, murder, and violence in Kenya's prisons are former drug addicts who lay blame on drugs and alcohol as the driving force to their offense. Illicit alcohol has affected the Kenyan youth, the youngsters tend to act aggressively after consumption and hence committing serious crimes of violence such as cold blood murder. These illicit brews are locally manufactured in slam areas of Nairobi's Mathare estate and Kibera area. These areas have recorded the highest number

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<sup>114</sup> Kuijpers, K., Van der Knaap, L., and Winkel W Risk of Revictimization of intimate partner violence: the role of Attachment, Anger and Violent behaviour of victims. *Journal of family violence*,(2014) 33-44

<sup>115</sup> Ibid

of crimes against humanity in Kenya. It strongly links the crimes to the cheaply manufactured illicit brews. Violence can only be prevented in Kenya if the authorities take a huge step in banning all illicit brews that are cheaply available in rural areas and slums in Kenya. Drug traffickers also brew violence as they violently conduct their businesses. A huge crackdown should be done on these traffickers because they are the root cause of youth-based violence in Kenya.<sup>116</sup>

### **3.5.2 Use of Illicit brews ad substance abuse and sex offences**

The United Nations Office on Drugs and Crime in 2016 singled out the urgency for a detailed and more effective way to help communities tackle crime and violence associated with drug and substance abuse. In a study, the UNODC conducted in Mathare concentrating on Mlango Kubwa within Nairobi it was singled out that the use of substances and drugs led to violence and crime that included robberies and mugging associated with violence, defilement of children and vulnerable women and domestic violence's against women.<sup>117</sup>

The use of illicit brews and substance abuse among the youth has led to an increase in the number of rape and molestation cases in the country. For instance, in the 2001 Wangai report on students' discipline and arrest in schools, she outlined a case where male students from St.Kizito mixed secondary invaded the girls' dormitory and violently raped 72 girls leading to the death of 19 girls who were still in their prime age. The use of illicit substances impairs one's judgment and the number of children been molested by close relatives or bodaboda guys has been on the rise and when investigated it's found that the molesters are active uses of illicit substances.<sup>118</sup>

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<sup>116</sup> Kipchumba, H. E., Illicit Brews in Kenya: A Case of Chang'aa. *Journal of African Interdisciplinary Studies* (2018).

<sup>117</sup> Ferreira-Borges C, Rehm J, Dias S, Babor T, Parry CD (2016). The impact of alcohol consumption on African people in 2012: an analysis of burden of disease. *Trop Med Int Health*. 2016 Jan; 21(1):52-60.

<sup>118</sup> Article on UNODC that promotes alternatives to imprisonment for people with drugs use disorders through health and justice cooperation in Kenya.

It's difficult for investigators to monitor or properly model sexual assault because it's such a hidden, intimate offense. As a result, interviews with victims and offenders are the most important source of evidence about the details of the sexual assault among youth and juveniles. Most sexual offenses in Kenya have been connected to illicit brews and drug misuse among youngsters, according to research. Kenya is a youthful country, with more than 40% of the country's 48 million residents under the age of fifteen.<sup>119</sup>

Thirty percent of women who are sexually abused as youth become pregnant and end up mentally tortured for the rest of their lives. The victims of assault differ based on the type of sexual offense, however, the majority are drug addicts. Boyfriends/girlfriends/romantic partners were found to become the most prevalent culprits of sexual assault for both females and males, accounting for 47 percent and 43 percent, respectively. The victims claim that the offenders were intoxicated at the time of the offense. The coastal town of Mombasa which is leading in terms of drug trafficking and abuse has also recorded the high number of defilement and rape in Kenya. Illicit brews in the Central and Western regions of Kenya have been associated with a reduced sexual drive that forces alcoholics to assault underage children and young girls. Sexual offenses such as rape have also led to the murder of victims, the offenders often kill their victims to do away with shreds of evidence. Drug and alcohol-linked sexual offenses in Kenya should be a matter of national concern, the government together with parents who should conduct sexual education to the youth at an early age.<sup>120</sup>

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<sup>119</sup> Ruto, S. J., Sexual Abuse of School-Age Children: Evidence from Kenya. *Journal of International Cooperation in Education*, (2017)

<sup>120</sup> Weldon, K., An analysis of drug abuse along the coastal region of Kenya. (*INTERNATIONAL NGO JOURNAL*., 2013)



### **3.5.3 Illicit brew and substance abuse and organized gang crime**

Due to the constant use of illicit substances, the youth are rendered unproductive and are not able to partake in any development activities. This in turn increases the rate of unemployment in the country as there is lack of competent youth. The agenda for the government is a “working nation” but this agenda is being derailed by the prevailing abuse of illicit drugs and substances. As a result of unemployment, the youth gather in their local homes to idle and this results in the formation of different gangs who identify themselves either using tattoos various slangs, and even their modes of dressing. The development of these gangs whose impact on society includes increased crime rates has been a hard task for security agencies as the gangs operate in hidden dens and are usually highly secretive. The modified Social Stress model focuses on the environmental factors as a contributor to drugs abuse. The model asserts that the presence of risk factors in an individual’s environment increases the likelihood of that individual to commence, continue and intensify the use of drugs. The presence of gangs terrorizing members of the public in the Coastal towns of Mombasa, Kilifi, Kwale, Lamu, and Malindi has been on the rise due to substance abuse and illicit brew example is the *Wakali Kwanza* gang which is known for drug trafficking. It is also within these gangs that there is rampant use of illicit substances which to them they consider an initiation into their real world.<sup>121</sup>

With Kenya having a large section of its population as youth, then the country continues to record high number of criminal gangs. Youth will often prefer to interact and stay together especially in Universities and other social structures. The youth from groups among them end up becoming gangs that abuse drugs and illicit brews. The gangs often run out of finances and opt to perform

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<sup>121</sup> Weldon, K., An analysis of drug abuse along the coastal region of Kenya. (*INTERNATIONAL NGO JOURNAL*, 2013)

criminal activities to satisfy their drug and alcohol desires.<sup>122</sup>

Despite having legislation enacted against them while been suspended permanently in the last decade, criminal gangs in Mombasa, Kenya's second-largest city, keep operating with liberty, *Wakali Kwanza* gang in Kisauni, is crucial to drug trafficking in Mombasa. Their criminal acts are projected to escalate as Kenya suffers harsh financial periods as a result of COVID-19, and as the country prepares for state elections in 2022, all of which are exacerbated by drug misuse. The groups are being tied to a series of crimes as well as other illegal actions, and they have been enforcers in Mombasa's drug business, helping to maintain the city's narcotic reputation. They give cartels in the top tier, as well as entrepreneurs and lawmakers in the second layer, local outreach. Several other youth gangs have been reported in Kenya and they have been known to use hard drugs and illicit alcohols. A gang such as the famous Mungiki sect gang was known to use bhang as their motivation for the crime. Nairobi is also home to hundreds of gangs such as the Gaza youth gang who traffic drugs and torture the livelihood of residents in Nairobi's Eastland area. *Kudos!* to the Kenya national police who are at the forefront of eliminating these youth gangs and with support from other organizations, then youth are educated on drug abuse and its effects.<sup>123</sup>

#### **3.5.4 Illicit brew consumption and substance abuse and Public disorder**

The use of illicit brews has led to idleness amongst the youth and this has resulted in the youth been involved in the use of drugs during the day and causing disturbance among the public. Use of these illicit brews takes the ability of one to make just decisions and this leads to one either

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<sup>122</sup> Kyalo P., Narcotic Drug Problems in Murang'a South District of Kenya: A Case Study of Drug Abuse by Students in Secondary Schools. (*African Journal of Social Sciences*, 2011)

<sup>123</sup> *ibid*

sleeping on roads staggering and causing unnecessary tension among public embers and other uncouth behaviors that one may not be able to do when on a sober mind.

The public sector has been hugely hit by drug and illicit brew misuse in Kenya. The abusers are living within the community and they are a cause of several public disorders. According to police reports from South B, Youth who get drunk are a source of noise and other forms of public disturbance. The youth affect the community especially close family members and colleagues. The repercussions of drug users have the greatest impact on those closest to them. When a member of the household is a drug user, there is often hostility, negativity, and disagreement between the substance abuser and the non-dependent close relatives. Abusers also cause a slew of disputes in the community and the public at large.<sup>124</sup>

Youth who are drug abusers cause conflict among members of the same community. They often get involved in fights that cause destruction to everyone living within their vicinity. Areas of Central Kenya which is known to be a hotbed of illicit brews such as Muratina have also recorded a high number of clashes among community members. The public disorder is also experienced in slums of Nairobi, drug sellers will react aggressively with anyone who tries to destruct their ongoing business. Fights in drinking and smoking joints will often lead to injuries and loss of life. The general public surrounded by illicit brew drinking joints and hard drugs will always suffer from regular clashes between addicts and deaths at the extreme. To control the rate of public disorders, the government has tried to eliminate these drug lords who dwell in the city's slums and

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<sup>124</sup> Abuga, K., Ndwigah, S., Amugune, B., Ongarora, D., Njogu, P., Okaru, A., & Kibwage, I., Quality Control Report of Drugs *The East and Central African Journal of Pharmaceutical Sciences*, (2018), 79-86. Retrieved from <http://uonjournals.uonbi.ac.ke/ojs/index.php/ecajps/article/view/714>

the police are on the lookout for drunk and disorderly individuals.<sup>125</sup>

### **3.5.5 Increased traffic offences and intoxicated Youth**

It will be wrong to assume that Youth are the only source of traffic offences due to intoxication. Traffic offences and accidents often occur due to intoxication from both the young and the Old. However, there is an increasing trend in Kenya where the Youth get intoxicated and drive. Drug users also cause havoc in the transport sector where youth hooked to illicit brews and drugs tend to operate machines and vehicles and cause accidents. About seventy percent of accidents in Kenya are caused by drug abusers, illicit and licit alcohol consumers.<sup>126</sup>

The government imposed the alcohol blow machine to curb drinking and driving, but many are still going against the law. Youth suffering from addiction have caused accidents that have led to the loss of lives. Kenya records drunk driving as a major cause of accidents among the youth than any other country in East Africa. Industrial accidents in companies have also been associated with substance abuse and illicit brews, machineries should not be operated by anyone who is under the influence of drugs. Drugs alter the normal functioning of the body and it is dangerous for anyone to operate machinery under the influence. This is against Kenya's safety guidelines that requires one to operate machinery when they are in their right sense and not toxicated.<sup>127</sup> Companies and organizations are advised to conduct thorough vetting on an individual's behavior before trusting him with machines. The youth should be educated on the dangers of drug and substance abuse.

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<sup>125</sup> John W., M., Effects of illicit brew drinking and intervention measures on unemployed youth in Bungoma County, Kenya, (2019).

<sup>126</sup> Kiambi, M. J., Factors Influencing Drugs And Substance Abuse Among Public Secondary School Students In Kiambu County, Kenya, (2018).

<sup>127</sup> Occupational Safety And Health Profiles In Kenya, [https://www.ilo.org/wcmsp5/groups/public/@ed\\_protect/@protrav/@safework/documents/policy/wcms\\_187632.pdf](https://www.ilo.org/wcmsp5/groups/public/@ed_protect/@protrav/@safework/documents/policy/wcms_187632.pdf)

The government should enact strict rules on anyone found to be under the influence of drugs when operating machinery to curb accidents and deaths among the youth who are heavily affected.<sup>128</sup>

### **3.6 Impact of the criminal justice system on the use of illicit brews and substance abuse**

Kenya is acclaimed as a country that has adopted an all-in “war on drugs” policy by criminalizing the use of drugs. Several laws under The Kenyan Narcotic Drugs and Psychotropic Substances Control Act no.4 of 1994 Section 3 and 4 prohibit the use of illicit brews and drugs within the Kenyan jurisdiction. Article 2(5) avers that the general rules of international law shall form part of the law of Kenya. Equally Article 2(6) states that any treaty or convention ratified by Kenya shall form part of the law of this constitution. The process of legislation to manage the use and abuse of illicit brews and substances was devolved to county governments in Part 2 Section 13 OF the 2010 Kenyan Constitution. However, this has not been received well with county governments as little or no legislation has been made to help fight the abuse of various substances in the counties.

The UNODC in a bid to promote humane and alternative ways of dealing with the victims of drug abuse in Kenya it brought up to 40 stakeholders in the Ministry of Health and the Judiciary. The stakeholders tried to come up with alternative ways of offering treatment to the drug addicts rather than having them embedded in the prisons where they would not get help and encounter withdrawal symptoms which may lead to death. In a tour of the rehabilitation center in Kisauni Mombasa a woman who had been a heroin addict since the age of 16 narrated her ordeal and how the rehabilitation center had helped her to become a peer educator. From this tour, the stakeholders were convinced that there was the necessity to come up with plans on the collaboration of the justice system and health to come up with ways of treating addiction rather than punishment. The

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<sup>128</sup> Ibid.

Principles of Modern Drug Policy (2012) outline that policies formulated to tackle the use of drugs should be considered and aligned with human rights policy.<sup>129</sup>

### **3.7 Impact of the containment measures and Enforcement to curb use illicit brews and substance abuse**

According to Nacada, during the span of 2013 to 2016, the police captured a total of 194,341.6 liters of illicit brew in contrast to the previous year where 175,997 liters were captured. Nairobi and Rift Valley regions recorded the highest percentage of the arrest of perpetrators of the use of illicit brews and its manufacture. An anti-narcotics unit was formed under the Directorate of Criminal Investigations to help tackle the international drug menace in Kenya. A report by the Directorate of Criminal Investigations showed that in the year 2001 a total of 4,210 people were apprehended among them 48 foreigners and 4,162 Kenyans. In the same duration, a joint police task force conducted a regional swoop and managed to seize 52,000 tablets of mandrax a record of 385 tons of cannabis, 20kg of heroin, and 200mg of cocaine were confiscated at the Jomo Kenyatta International Airport. In 2015 after several reports of deaths caused by the drinking of illicit brews President Uhuru Kenyatta ordered that all illicit brews in Kiambu County be destroyed. He came up with an inter-agency task force that would oversee the success of his directive and audit the licenses of liquors produced in the alcoholic industry.<sup>130</sup>

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<sup>129</sup> United Nations Office on Drugs and Crime, U. (2018). World Drug Report. Vienna: UNODC research.

<sup>130</sup> NACADA., Rapid Situation Assessment of Drugs and Substance Abuse in Kenya. Nairobi: NACADA, (2017)

### **3.8 Conclusion**

This chapter has determined the impact of consumption of illicit brews and substance abuse on the youth in Kenya. The chapter detailed out The relationship between illicit brew, substance abuse and crime, The use of illicit brew, substance abuse and criminal trends in Kenya and Various crimes committed by consumers of illicit brew and substance abuse. The study found out that the use of illicit brews and drug abuse in Kenya has been not only a menace but a threat that has attracted the attention of various stakeholders ranging from both governmental and non-governmental agencies to help tackle it. The youth are the most vulnerable to the use of these substances and also the sale and distribution of the drugs. Illicit brew and Substance Abuse is an ever-growing problem among the youth in Kenya. This has had profound impacts not only on the individual's security but also those of others and states' security. As discussed above, The use of illicit brew and substance abuse is a threat to both the users, their families, and also national security. From the above discussion, illicit brew and substance abuse is linked to the transnational crime of drug trafficking. At the same time, the proliferation of substance abuse and illicit brew is a threat to national security due to its links to drug trafficking. At the national level, illicit brew and substance abuse is linked to various crimes from violence, organized gang crimes, Sexual offences, murder, kidnapping, child neglect and even traffic offences. Illicit brew and substance abuse also pose a challenge to the country's already overburdened and stretched criminal justice system. It is therefore imperative that the country not only addresses the rising trends in criminal activities but also address the prevalence of the use of illicit alcohol and substance abuse among youth in order to enhance national peace and security and sustainable social economic progress in the region. Chapter four analysis will provide analysis based on the primary data collected through the data collection tool.

## CHAPTER FOUR

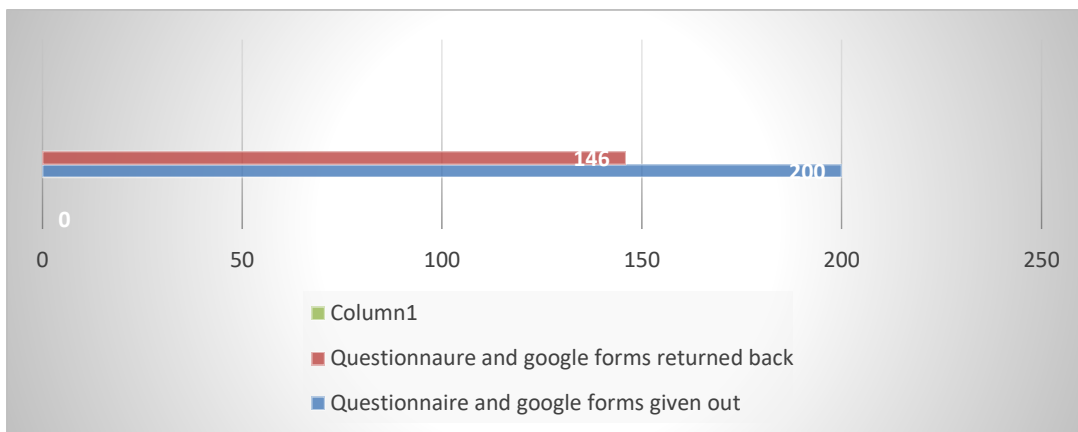
### ANALYSIS OF THE INTERVENTION MEASURES PUT IN PLACE TO MITIGATE THE EFFECTS OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE IN KENYA

#### 4.1 Introduction

In the previous chapter, the study analyzed the use of illicit brews and substance abuse among youth and trends in criminal activities in Kenya. This chapter will focus on data analysis and presentation and evaluate the intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among youth in Kenya.

##### 4.1.1 Response rate

Out of the 200 questionnaires and google forms sent out, the response rate was 73% with 146 questionnaires and google forms being returned to the researcher. Mugenda and Mugenda affirm that if the rate of response is 50% then it is considered okay for data analysis, on the other hand, a response rate of 60% is considered good for data analysis, whereas over 70% response rate is excellent for data analysis. In this study, the response rate was 73% from the questionnaire, Interview guide, and google forms. This rate was good enough for data analysis as it gave a good representation of the study's respondents and hence accurate data.

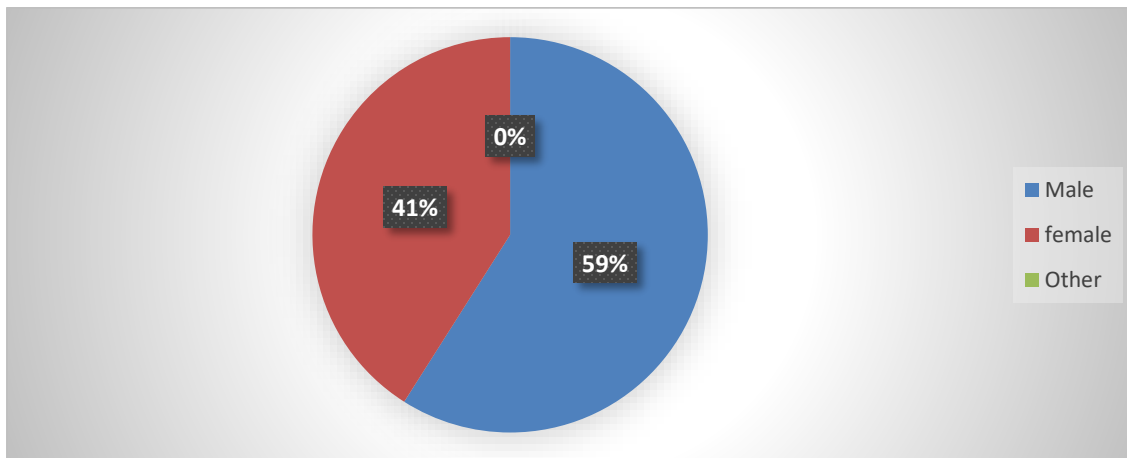


**Figure 4.1: Response Rate from Questionnaire and Google Forms**



### 4.1.2 Gender response rate

The majority of the respondents were male given that the Kenyan society is male-dominated where men at 59% were more willing and ready to respond to the physical questionnaire. Females at 41% were more okay with the google forms. The gender factor is important in the study in that the study ascertained how the respondents were represented based on their gender.

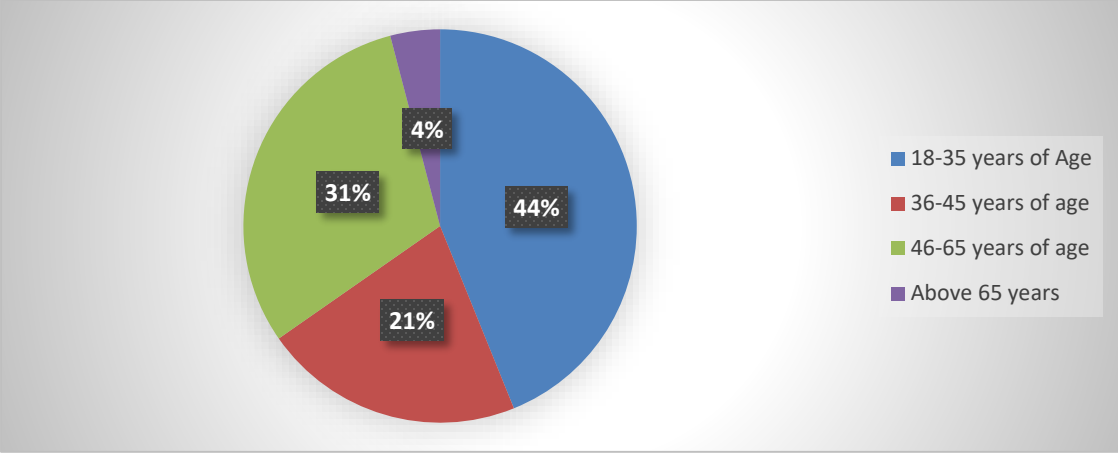


**Figure 4.2: Gender Response Rate from 146 Respondents**

### 4.1.3 Age of the respondents

The youth aged between 18-35 were the majority at 44% as youth were the main target of the study. This was followed by the 46-65 age bracket at 31% who were mostly social officials from the target population who were also of keen interest to this study.

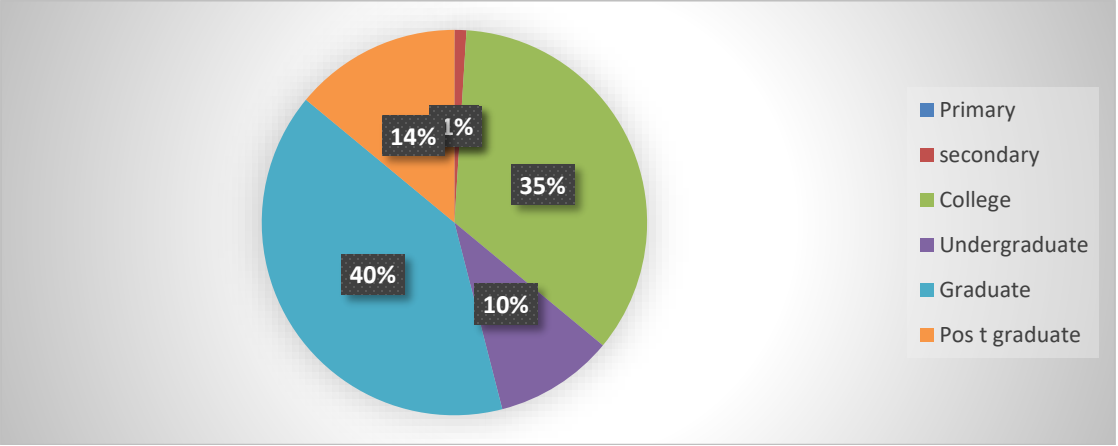
The age factor was significant to the study given the fact that this study mostly targeted the youth who are aged between 18-35%. Hence the youth formed the majority of the respondents. The age between 46-65% were mostly senior employees of various organization and institute that were targeted by the study. They gave their experience opinion of the subject of the study.



**Figure 4.3: Age of the Respondents**

**4.1.4 Level of education**

In terms of the level of education, the majority of the respondents were Graduate and college students. From the data, majority of the respondents were literate. Based on the level of education, the respondents were highly informative for the study.



**Figure 4.4: Level of Education of the Respondents**

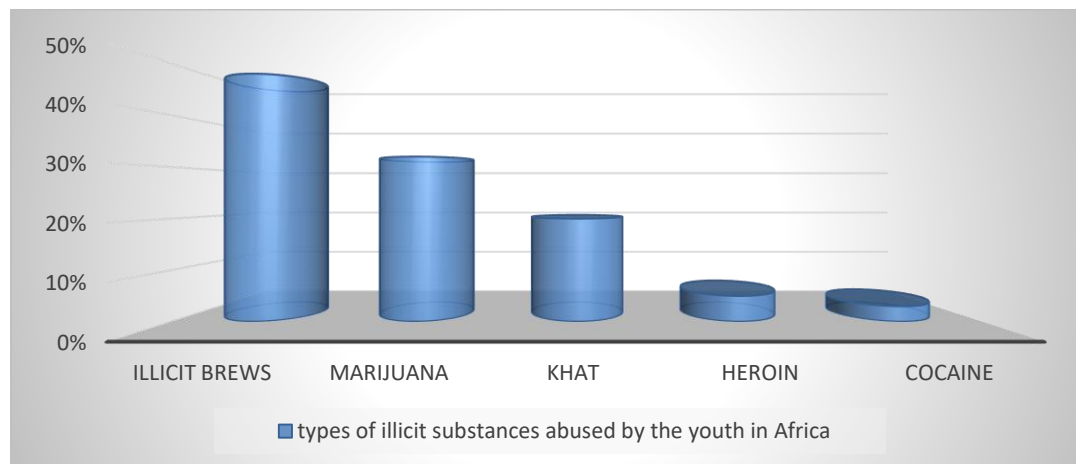
**4.2 The impact of the consumption of illicit brews and substance abuse among the youth in Africa**

The first objective was to analyze the impact of illicit brew and substance abuse among the youth in Africa. To address this objective the study asked the types of illicit brews and substance abuse

exist among youth in Africa, factors that led to increase of illicit brew and substance abuse and the impacts of illicit brew and substance abuse in Africa.

#### 4.2.1 What are the types of illicit brews and substance abuse exist among youth in Africa?

The research strived to reveal the type of illicit brews and substances that the youth in Africa occasionally abuse. According to the responses, illicit brews are most widely abused by youth in Africa (48%). The second-generation traditional brews include Chang'aa, Mnazi, Busaa, and Muragi. The brews especially Changaa and Busaa are mostly abused by the youth since they are cheap and readily available. Marijuana came in second with 32%; it is also referred to as Bhang, cannabis, or Shasha. The youth abuse these drugs as well as cigarettes since they are addictive. Khat or Mirraa came in third with 12%. The drug is grown locally and does not require any processing making it readily accessible. Cocaine occupied 3% while heroin took 5%. Such drugs are rarely used by youth in Africa since they are expensive.



**Figure 4.5: Types of Illicit Substances Abused by the Youth in Africa**

*“In the trial process, alcohol, cigarettes, and bhang are the most popular, as well as the most misused by Kenyan communities. Similarly, alcoholic beverages are widely available, with aggressive marketing in electronic and print media boosting the demand.”<sup>131</sup>*

<sup>131</sup> Oral Interveiw, General public 25<sup>th</sup> July, 2021.

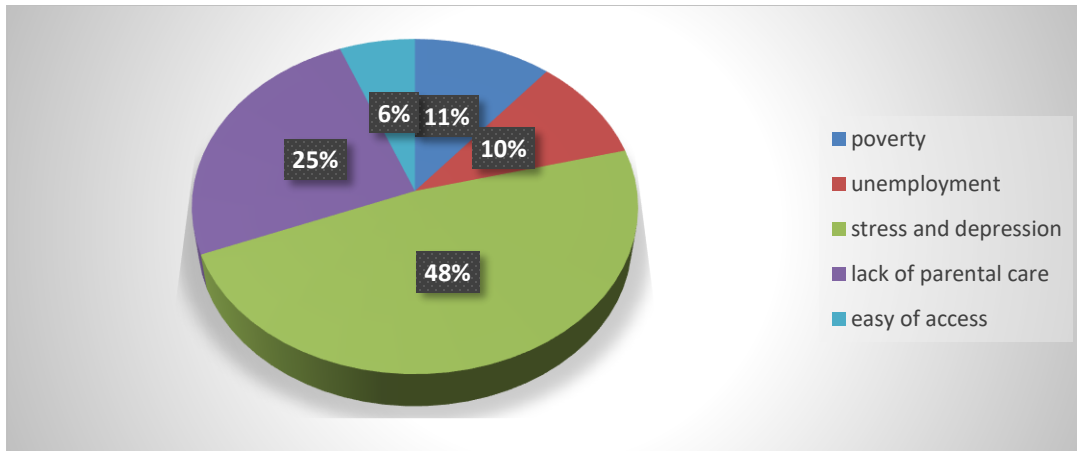
#### **4.2.2 What factors that have led to an increase in the use of illicit brews and substance abuse among youth in Africa?**

The respondents were asked what factors led to the increase in the use of illicit brews and substance abuse among youth in Africa. According to the responses, poverty and unemployment contribute towards encouraging youth to engage in drug and substance abuse; (11%) and (10%) respectively. Poverty impacts the lives of young people, thus they cannot continue with their education and end up using illicit brew. Furthermore, since the majority of the youth are unemployed, they are usually idle hence have the time to abuse drugs. Youth usually face depression due to several factors such as family issues, unemployment, and poverty. According to most of the respondents, stress, and depression also contribute immensely towards abusing drugs (48%). The youth may also lack parental care, guidance, or counseling. This causes them to continue abusing the drugs hoping that it will relieve their miseries. Another contributor towards the ill is peer pressure (25%). Youth can easily be influenced by their surroundings or society. they can be influenced by their fellow youth as well as lack of neighborhood social control. Some of the respondents also pointed out that the youth (6%) sometimes decide to abuse drugs and substances since they are readily available. This can be attributed to curiosity.

*Kenyan young are the most vulnerable since they are targeted for recruitment into the usage of drugs and chemicals by drug barons and companies that provide a variety of dangerous goods. During their formative years, almost 92 percent of young people experiment with licit and illicit alcohol, cigarettes, bhang, miraa, inhalants (glue, petrol), and heroin, among other substances.<sup>132</sup>*

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<sup>132</sup> Oral interview with NACADA officer, 24<sup>th</sup> July 2021



**Figure 4.6: Factors that contribute towards the increase of drug and substance abuse**

According to a respondent from a rehabilitation center in South B,

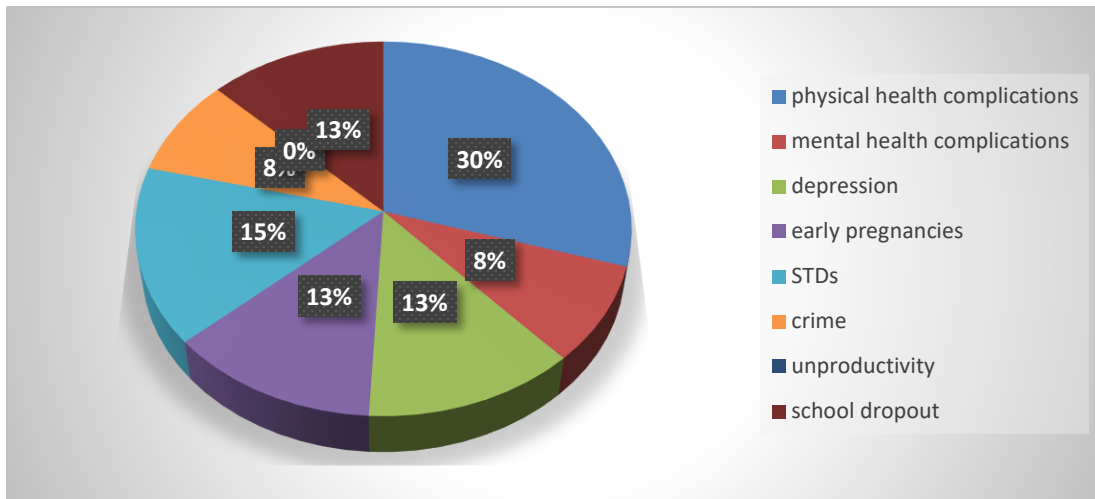
*“ Many youth due to lack employment, peer pressure, and other factors have been pushed to use illicit brew or substance abuse. Some of them get hooked to a point that they live their lives for substance abuse. The majority of these youth become “useless” in society and are often taken to rehabilitation centers in order to transform their lives into more productive people in society.<sup>133</sup> ”*

#### **4.2.3 What are the impacts of illicit brews and substance abuse among youth in Africa**

The respondents were asked what are the impacts of illicit brews and substance abuse among youth in Africa are. The majority of the respondents (35%) argued the illicit brews and substances caused severe physical health complications. The health complications include lung cancer, liver cirrhosis, and blindness, and ultimately death. Some respondents also argued that the drugs and substances lead to mental complications such as memory lapses, lack of concentration, confusion, and suicidal thoughts (10%). Depression is also caused by the substance according to (20%) of the responses. Drugs and substances tend to enhance immorality which leads to unwanted early pregnancies (15%) and the spread of STDs (18%). Since a majority of the youth are unemployed, they tend to venture into crime to get money to purchase the drugs. (10%) tend to agree with this argument.

<sup>133</sup> Oral interview with rehabilitation officer on 27th July, 2021.

(20%) of the respondents argue that the youth become useless socially and economically. they indulge in crime and become unproductive in the economic building of their respective countries. moreover (15%) of the responses state that drugs and substances caused youth to drop out of school.



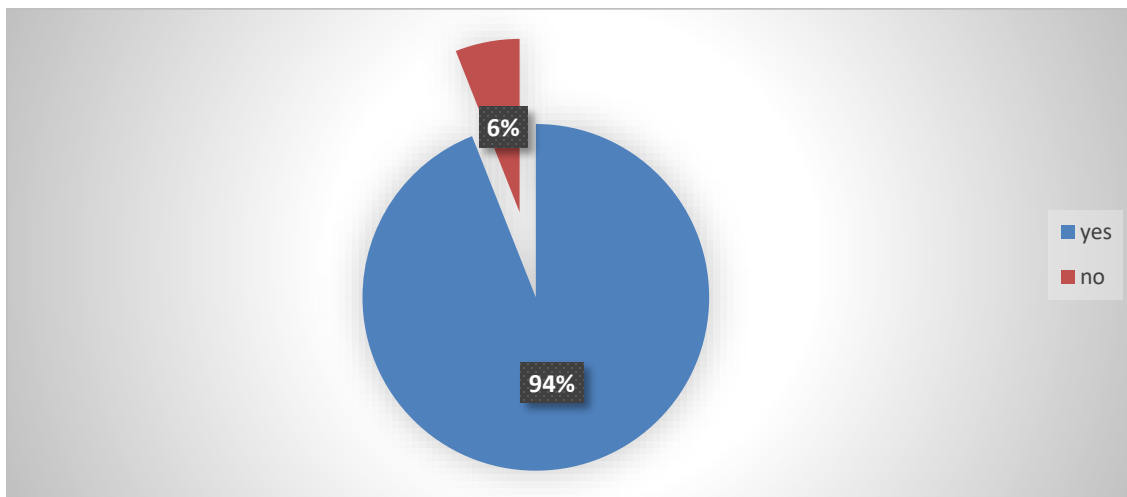
**Figure 4.7: Impact of illicit brews and substances on African youth**

#### **4.3 The relationship between the use of illicit brews and substance abuse among youth in Kenya and trends in criminal activities**

Objective two of the study was to examine the relationship between illicit brew and substance abuse among the youth in Kenya and trends in criminal activities. The study by asking is there a relationship between crime and the use of illicit brew and substance abuse in Kenya? if yes, which crimes are related to the use of illicit brews and substance abuse in Kenya?, does the rise in crime in Kenya have anything to do with increased use of illicit brew and substance abuse among the youth in Kenya? and finally if by addressing the use of illicit brew and substance abuse will significantly reduce crime in Kenya?

#### 4.3.1 The relationship between criminal trends and the use of illicit brews and substance abuse in Kenya

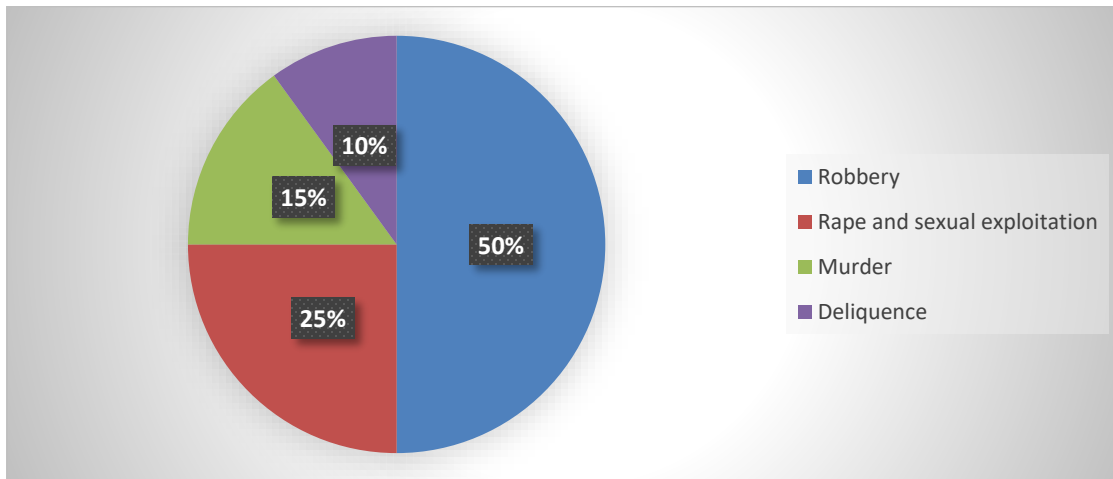
A study was conducted to point the correlation between crime and the uses of illicit brews and substances. Respondents were asked if there is a relationship between criminal trends and the use of illicit brews and substance abuse in Kenya. The question was closed-ended requiring respondents to answer with a yes or a no. out of the 32 respondents, 30 responded with a yes while 2 two said no. the respondents that said yes added that youth in Africa turn toward criminal activities to get funds for their drugs. Once youth are engaged in the use and abuse of illicit brew and substances they become addicted and cannot do away with it, thus for them to afford it and yet they do not have a productive job, they will be forced to steal from society, thus a crime. On the other hand, few respondents said no. they added that the notion that drug addicts make up the majority of the criminals in society is not justifiable. According to them, the youth are judged just, by the way, they look and dress.



**Figure 4.8: Use of illicit brews and substances and increase crime**

### 4.3.2 How crimes are related to the use of illicit brews and substance abuse in Kenya.

A study was conducted to determine which crimes are related to the use of illicit brews and substances. Respondents that responded with a yes in the previous question were asked to elaborate on which crimes are related to the use of illicit brews and substance abuse in Kenya. Out of the 32 responses almost half of them (50%) pointed out robbery; 25% pointed out rape and sexual exploitation; 15% pointed out the murder while 10% pointed out delinquency and violent behavior.



**Figure 4.9: Crimes related to the abuse of illicit brews and substances**

*“Drugs are expensive and highly addictive. Likewise, alcoholism and substance abuse lead to unemployment and a decline in income. Thus, youth are forced to find alternative ways to raise money to maintain their drug life. As a result, they engage in criminal activities such as theft and robbery, selling a home or office property, car hijacking, or even engaging in commercial sex to raise money for their drugs.”<sup>134</sup>*

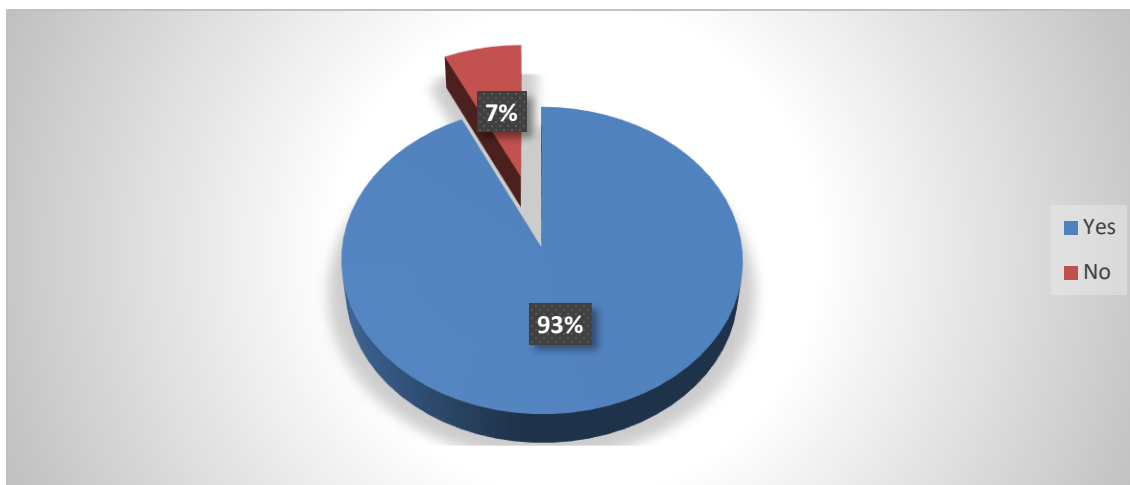
### 4.3.3 The correlation between an increase in crime and an increase in the use of illicit brews

Respondents were asked whether a rise in crime has anything to do with increased use of illicit brews and substance abuse among the youth in Kenya. Out of the 32 respondents, 30 said yes while 2 said no. the respondents that said yes argued that many youth who are introduced to the vice find themselves in criminal gangs after being recruited into the groups. furthermore, because

<sup>134</sup> Oral interview with security personnel 24th July 2020



those people who are addicted to illicit brews and drugs substance have no money will start stealing to get coins to buy more and more each day hence endangering lives of innocents. Very few respondents disagreed with the notion arguing that society has a general perception concerning people who use drugs.

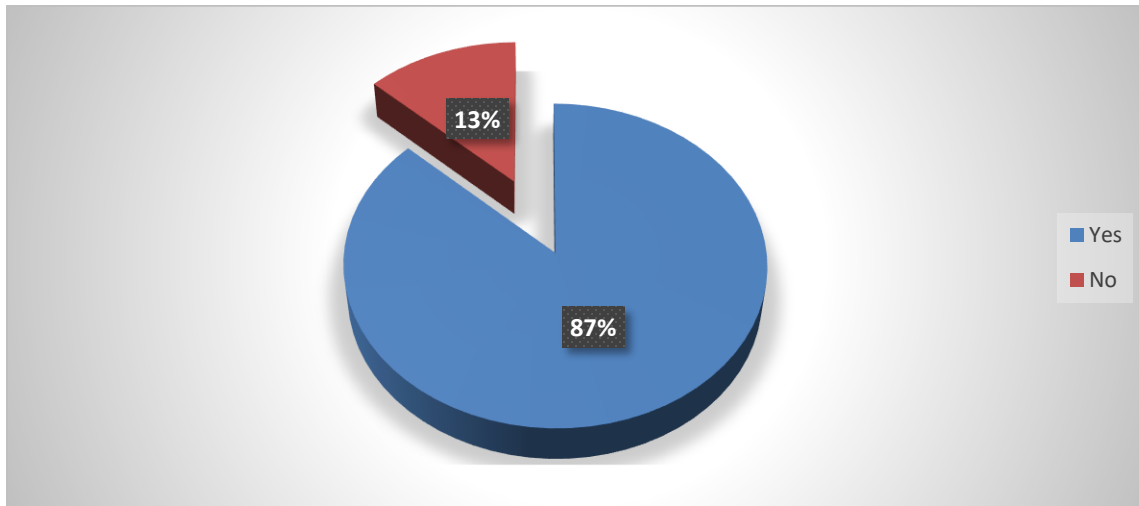


**Figure 4.10: Relationship between an increase in crime and an increase in the abuse of illicit brews and substances**

#### **4.3.4 Whether addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya**

Respondents were asked whether they thought addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya. Out of the 32 responses, 28 agreed that the strategy would reduce crime in Kenya (87%). The respondents argued that the strategy would offer insights into the disadvantages of drug and substance abuse. The respondents added that there is mutual importance of creating awareness by having seminars or counseling by religious groups and having rehab centers. The government institutions must however have stiff penalties to those who go against the law according to the respondents. Some said yes but only if the government can create more opportunities for youth employment, then the number of youth using illicit brew and substance abuse might reduce, thus reduced the rate of crime. Because when people are empowered some will see the danger of indulging in those drugs and stop it if made aware of their impacts.

Few respondents (13%) however thought the strategy cannot work since it is theoretical. Indulgence in drug and substance abuse is caused by many variables which need to address independently.



**Figure 4.11: Addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya**

**4.4 The third objective of the study was to analyze the intervention measures put in place to mitigate the effects of the use of illicit brew and substance abuse among the youth in Kenya.**

Respondents were asked about the intervention measures put in place to address the effects of use of substance abuse and illicit brew among youth in Kenya

**4.4.1 The intervention measures put in place to address the effects of use of substance abuse and illicit brew among youth in Kenya**

The respondents made a number of suggestions on the mitigation measures in place to mitigate the impact of the use of illicit brew and substance abuse. Given that each respondents was able to give more than one suggestions. Each mitigation measure was measured at 100% based on the frequency of the respondents. Majority of the respondents over 70% cited that NACADA's anti-substance abuse programs was the most used intervention programs to mitigate the effect of the use of illicit brew and substance abuse among the youth in Kenya.

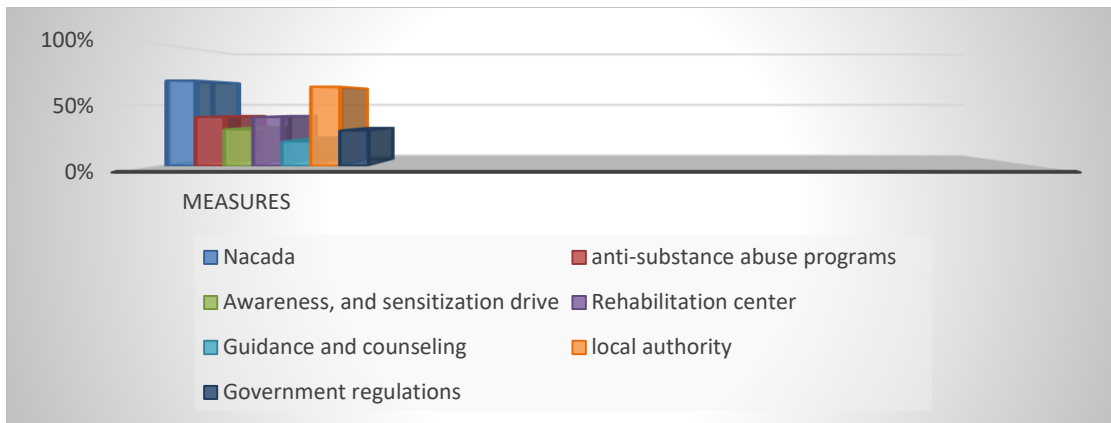
*To combat drug misuse, NACADA has established an intervention strategy that includes comprehensive education for long-term empowerment of adolescents and the broader population. In the battle against drug misuse, important players such as relevant government agencies, the media, non-governmental organizations (NGOs), relevant specialists, spiritual leaders, parent associations, and institutional leaderships work closely together. As a result, the agency promotes a multi-sector and multi-disciplinary approach.<sup>135</sup>”*

The local authority according 65% of the respondents also play a key role in addressing the effects of the use of illicit brew especially the criminal effects where majority of the substance abuse and illicit brew users resort to crime either in the after math of abusing substance or consuming illicit brew or as a means to acquire the drugs. Here the drug user use crime to so as to get money o buy the substance or illicit brew. 30% of the respondents agreed that Awareness, and sensitization drive by different stakeholders is a an intervention measure used to mitigate the effects of the use of illicit brew and substance abuse among youth in Kenya. 40% of the respondents states that rehabilitation centers was key interventio strategy used to mitigate the effects of the use of illicit brew and substance abuse among the youth in Kenya. Guidance, and counseling was also cited an important mitigation measures aimed at addressing the effects of substance abused and illicit brew consumption among the youth. Youth needs constant guidance and counseling in order to help them overcome the addition of substance abuse and illicit brew.

Further 29% of the respondents believed government regulations as the intervention measures put in place to mitigate the effects of the use of illicit brew and substance abuse among the youth in Kenya.

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<sup>135</sup> Oral interview from NACADA official, 24<sup>th</sup>, July 2021.



**Figure 4.12: Intervention Measures**

*“The idea to control illicit abuse and substance abuse is not new. NACADA has put in place concrete activities to carry out public education and has a strategic plan directly to the youth in the formal education in collaboration with other private bodies, due to the obvious advantages of the school system. First, schools have organized structures to reach students, who are the youth, and a wider scope of the surrounding community. Since drug experimentation begins in school, it’s a good platform to spread the gospel to the youth early enough. Schools provide easier access to a large population. This whole process is done in different ways, one through normal transmission and the other one is organized motivational enhancement programs done in the institutions. This method is working since it is also interactive since the youth get to air out their issues too, prevention at this young stage is efficient because learners have very little experience with drugs. NACADA has organized powerful programs across all media to sensitize and educate on these matters.<sup>136</sup>”*

With the help of the government, some great policies to address the drug problem have been executed countrywide these all being projects of NACADA campaign has been launched to prohibit smoking in public areas. For instance, in several government offices and locations, the sign ‘NO SMOKING’ is prominently displayed.

*‘To combat drug misuse, NACADA has established an intervention strategy that includes comprehensive education for long-term empowerment of adolescents and the broader population. In the battle against drug misuse, important players such as relevant government agencies, the media, non-governmental organizations (NGOs), relevant specialists, spiritual leaders, parent associations, and institutional leaderships work closely together. As a result, the agency promotes a multi-sector and multi-disciplinary approach.<sup>137</sup>’*

<sup>136</sup> Oral Interview from NACADA official, 23th, July 2021.

<sup>137</sup> Oral interview from NACADA official, 24<sup>th</sup>, July 2021.

Furthermore, the legislature approved the law known as ‘The Tobacco Control Act to explicitly forbid public smoking that also stated that selling tobacco to children under the age of 18 is a crime. The Mwaniki law also included a prohibition on alcohol and cigarette billboards and television ads. The Mututho law is also a great move cited in the Alcohol drinks control act, 2010 which denies access to persons less than 18 years to alcoholic products. NACADA therefore strongly facilitates enforcement and implementation of National policies, since it maintains proactive cooperation between regional and international bodies in areas relevant to achieving the authority objectives.

NACADA manages and substantially encourages interagency coordination among authorities in charge of reducing alcohol and drug demand. The idea behind supply reduction methods is that limiting supply decreases drug usage. Demand reduction mainly achieved by education is achieved when supply is controlled. NACADA poses extreme measures to this agency and it has helped curb the abuse of drugs. In collaboration with other major sectors, NACADA is currently conducting surveillance of different emerging trends in production, sale, and consumption of alcohol and drugs prone to abuse, thereby finding digital roles of managing abuse.<sup>138</sup>

While acknowledging the international measures being used to prevent drug misuse, NACADA has opted to place a greater focus on local solutions that are sensitive to sociological, cultural, and economic factors and surroundings. The current or planned intervention strategies are aimed at producing positive behavioral and attitudinal changes, particularly among teenagers and young

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<sup>138</sup> National Agency for the Campaign Against Drug Abuse (2010). Adverse Effects of Drug Abuse on Various Body Systems. Retrieved from <http://www.nacada.go.ke/nacada>

adults in such settings.<sup>139</sup>

*‘To combat drug misuse, NACADA has established an intervention strategy that includes comprehensive education for long-term empowerment of adolescents and the broader population. In the battle against drug misuse, important players such as relevant government agencies, the media, non-governmental organizations (NGOs), relevant specialists, spiritual leaders, parent associations, and institutional leaderships work closely together. As a result, the agency promotes a multi-sector and multi-disciplinary approach.’<sup>140</sup>*

Indeed, the trend and extent of drug misuse necessitate a multi-pronged approach if NACADA is to achieve tangible success in its objective of preserving the health and productive lives of individuals, families, and communities in our country.<sup>141</sup>

Kenyan young are the most vulnerable since they are targeted for recruitment into the usage of drugs and chemicals by drug barons and companies that provide a variety of dangerous goods. During their formative years, almost 92 percent of young people experiment with licit and illicit alcohol, cigarettes, bhang, miraa, inhalants (glue, petrol), and heroin, among other substances.<sup>142</sup>

#### **4.4.2 How effective are these intervention measures?**

The respondents were further asked on how effective are these intervention measures?

In terms of its effectiveness, 45% of the respondents said the intervention measures are not as effective due to poor enforcement and are very Effective if carefully implemented.

The rampant use of drugs among youth in Kenya and Africa at large is mainly due to the fact that the government is yet to give the fight against illicit brew and substance abuse serious

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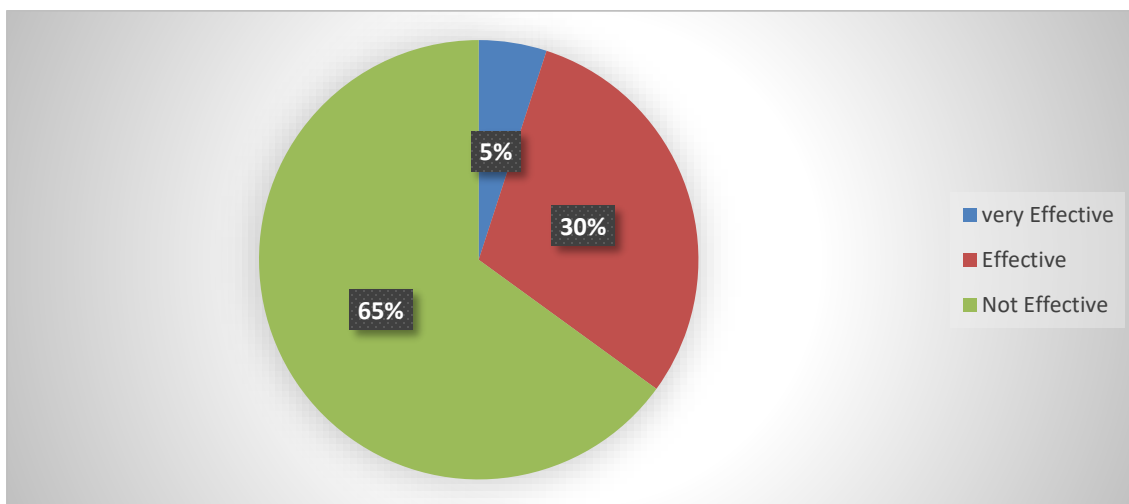
<sup>139</sup> *ibid*

<sup>140</sup> Oral interview from NACADA official, 24<sup>th</sup>, July 2021.

<sup>141</sup> National Agency for the Campaign Against Drug Abuse (2010). Adverse Effects of Drug Abuse on Various Body Systems. Retrieved from <http://www.nacada.go.ke/nacada>

<sup>142</sup> *ibid*.

consideration. Despite being rampant, the menace is yet to come to a full-blown crisis hence the government is not as serious in the fight. Government should take this matter seriously and give heavy penalties to those found to be consuming, producing, or distributing illicit brew in Kenya. The existing laws are also not deterrent enough to be a great weapon in the fight against substance abuse and illicit brew in Kenya. There is a need to strengthen the existing laws and ensure full implementation of this law to act as an effective tool in the fight against the menace. This includes strengthening the existing laws against counterfeit since the majority of illicit brew and substance abused are counterfeit.



**Figure 4.13: Effectiveness of the Intervention Measures**

#### **4.4.3 What can be done better to ensure that the menace of illicit brew and substance abuse is addressed?**

The respondents were asked what are the intervention measures put in place to address the effects of the use of illicit alcohol and substance abuse among youth in Kenya. Majority stated that creating job opportunities for the youth is an effective measure; that is 50%. creating job opportunities entails supporting the youth through giving them incentives such as tax holidays for infant businesses, cheaper loans, youth empowerment programs such as "Kazi mtaani".

*“The National Youth Service (NYS) is one of the youth-targeted Agencies for skill development programs that provide an opportunity also for learning actual career*

*and life skills. The NYS improved solutions, industrial, and managerial training programs. It also serves as a recruiting unit for the Kenya Armed Forces and is responsible for Seventeen rehab and skills training for underprivileged and destitute youngsters. Each year, the NYS admits approximately 3,500 service members to artisanal, craftsman, and certificate programs.<sup>143</sup>”*

Employment opportunities, empowerment programs, talent identification and nurturing of the same, involve youth when initiating driven initiatives, involved religious institutions in the mentoring program, promote TIVET or competent skills among youth for those who miss university cut-off marks, make agriculture attractive for youth to venture in. 15% of the respondents stated that setting up and utilizing rehabilitation centers is an effective measure such as the Mathare hospital in Kenya. 10% pointed to offering counseling services to the youth as being effective; 20% argued that creating awareness may work properly; 10% proposed the tightening of policies and increased government intervention aimed at regulating the production and consumption of illicit drugs and substances.

*“Furthermore, local law enforcers and law enforcement agencies can implement harsh punishments on the producers, sellers, and consumers of substances and illicit brews. By implementing harsh punishments such as long jail terms or even life sentences drug use in the community will decline due to the fear instilled by the harsh punishments. Police should destroy the production places and drinking dens of illicit brew consumers and a heavy fine should be imposed on the culprits apprehended and the ones involved. Same to the growers of substances such as bhang the plants should be destroyed and the people involved should face heavy jail terms.<sup>144</sup>”*

Government should have policies like having Youth Kitty to boost those youth who change habits after rescue from the vice. On the other hand, 5% proposed a total ban on illicit brews and substances. Administrators and security agents to crack the whip by having regular raids on illegal drink vendors countrywide. Laws to be followed on the issuance of licenses to bar operators.

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<sup>143</sup> Oral interview with security personell, 24th July,2021

<sup>144</sup> Oral interview with Officer Commanding station at South B.



## **CHAPTER FIVE**

### **SUMMARY OF THE FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS**

#### **5.1 Introduction**

This last chapter of the study provides a summary of the findings of the study, conclusion, and recommendations based on the three specific study objectives, which were to examine the extent to which the consumption of illicit brews and substance abuse has impacted the youth in Africa, to analyze the relationship between the use of illicit brews and substance abuse among youth in Kenya and trends in criminal activities and to examine the intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse among youth in Kenya.

#### **5.2 Summary of the Findings**

This section covers summary of the findings flowing from each objective of the study.

##### **5.2.1 Examine the extent to which the consumption of illicit brews and substance abuse has impacted the youth in Africa**

The study noted that substance abuse and the use of illicit brews are common among African youth. Alcoholism and drug abuse affect the lives of African youth in several adverse ways. First, it is a cause for the high dropout rates among adolescent students. There is a correlation between intake of marijuana and illicit brews with poor academic performance and school dropout. Also, illicit brews and drug abuse pose serious health consequences on adolescent users. They are known to cause sicknesses such as liver cirrhosis and other types of cancer and permanent brain damage. The use of illicit brews and substance abuse also exposes the youth to the dangers of contracting HIV/AIDS and unwanted pregnancies due to reckless sexual behavior.

Similarly, they contribute to most premature deaths through accidents, homicide among others while drunk, or through diseases acquired through alcoholism and substance abuse. Illicit brews and drug abuse are also known to cause family disintegration due to the cruelty and chaotic nature of the abusers. It is also a cause for unemployment and financial decline among the youth, thus leading to crime and the use of violence to acquire money for the purchase of drugs. Therefore it is clear that consumption of illicit alcohol and substance abuse among African youth is a challenge to the development and prosperity of the continent. The African governments must develop strategies and policies to curb the widespread of this menace to rescue the youth from the negative effects of illicit brews consumption and substance abuse; otherwise, Africa risks becoming a continent with little or no hope for quality life of her people within the international community.

### **5.2.2 The relationship between the use of illicit brews and substance abuse among youth in Kenya and trends in criminal activities**

On the second objective of the study, the findings of the study were that the use of illicit brews and drug abuse in Kenya has been a menace that has attracted the attention of various stakeholders ranging from both governmental and non-governmental agencies to help tackle it. The youth are the most vulnerable to the use of these substances and also the sale and distribution of the drugs. Illicit brew and Substance Abuse is an ever-growing problem among the youth. This has had profound impacts not only on the individual's security but also those of others and states' security. As discussed above, The use of illicit brew and substance abuse is a threat to both individuals, those close to him, and also national security. From the above discussion, illicit brew and substance abuse is linked to the transnational crime of drug trafficking. At the same time, the proliferation of substance abuse and the illicit brew is a threat to national security due to its links to drug trafficking. At the national level, illicit brew and substance abuse is linked to various crimes from

violence, Gang crimes, Sex offenses, Sexual offenses, and even traffic offenses. Illicit brew and substance abuse also pose a challenge to the country's already overburdened justice system.

### **5.2.3 The intervention measures put in place to mitigate the effects of the use of illicit brews and substance abuse in Kenya**

The study established that various intervention measures have been put in place by both state and non-state actors in order to mitigate the effects of the use of illicit brews and substance abuse among the youth. Such intervention measures are founded on the recognition that substance abuse imposes substantial effects not only on the users but also their families, community and the country as a whole.

The intervention measures can be divided into three broad groups, namely prevention measures, treatment measures and policy measures. Many prevention measures often share a common goal of strengthening identified protective factors like strong family bonds, well-developed social skills, and attachment to religious and community institutions. Successful prevention measures have incorporated gender, cultural and age-specific needs of target participants. Some of the most effective preventive measures have included awareness campaigns, peer counseling, and the enactment of prohibitive policies. With treatment, addicted users can stop using drugs, get jobs, and eventually become useful members of society. Studies show that addiction to alcohol and other substances has similar consequences to those of chronic illnesses such as hypertension and diabetes and that successful treatment necessitates permanent behaviour change. Successful substance abuse treatment programs identify specific elements that can enhance treatment effectiveness.

### **5.3 Conclusion**

The study reveals existence of unemployment among the residents which impacts on the youth.

In the research region, where kids and community people are becoming more idle, forming youth groups might provide youth with opportunity to realize their self-help potential. Furthermore, the youth organizations may serve as a forum or a platform for increasing awareness and giving knowledge about the impacts of drug misuse among adolescents in the research region, therefore reducing widespread community misunderstanding.

Recreational activities, such as athletic activities, should be incorporated as part of youth group programming to keep the kids occupied and prevent idleness in the study area. These should guarantee that the community is involved at all stages of program implementation, including planning, implementation, monitoring, and evaluation.

As clearly illustrated, the use of illicit alcohol and substance abuse increases a person's chances of becoming addicted. This is because these substances distort normal brain functioning in critical areas of Memory, learning, judgment, and behavior control are all skills that may be developed. People do not fully develop the areas of the brain that regulate judgment and decision-making until they are in their early to mid-20s. This makes young people more sensitive to peer pressure and impairs their capacity to correctly appraise the hazards of drug experimentation.

There is a need for research-based or evidence-based programs that are based on current scientific data, have been carefully evaluated, and have been demonstrated to have beneficial outcomes. Evidence-based programs, such as those described in NIDA's Principles of Substance Abuse Prevention for Early Childhood: A Research-based Guide and Preventing Drug Use Among

Children and Adolescents: A Research-based Guide for Parents, Educators, and Community Leaders, have been shown to significantly reduce and prevent the use of illicit alcohol and other substances by children and adolescents. When youth perceive the use of illicit alcohol and substance use as harmful, they often reduce and avoid the use of such substances.

These prevention programs work to boost protective factors and eliminate or reduce risk factors for drug use. These programs include; Universal programs that are designed to address risk and protective factors common to all young people in a given setting such as a school, church, college, or community; Selective programs designed for groups of young adults and teens who have specific factors that put them at increased risk of use of illicit brews and drug abuse, for instance, those living within the urban informal settlement and lastly Indicated programs designed for youth who have already started using illicit alcohol and drugs.

The Hypothesis of the study were tested as follows.

The first Hypothesis which was that the consumption of illicit brews and substance abuse has negative effects on the youth in Africa was found to be true. The impact of illicit brew and substance abuse among the youth was found to be negative. This is because illicit brew and substance abuse leads to health issues, crime, school drops, social and society disintegration and poverty which are all negative impacts.

On the second Hypothesis which was use of illicit brews and substance abuse among youth has increased trends in criminal activities. This was also found to be true where there was a corresponding findings that areas with high illicit brew consumption and substance abuse like the slums also had high crime rates.

The third hypothesis of the study was found to be false. The hypothesis was that the intervention measures put in place to mitigate use of illicit brews and substance abuse in Kenya are effective. The study largely found out that the intervention measures like NACADA, rehabilitation, use local law enforcement as well as the existing legal framework on anti drug abuse were ineffective in mitigating the impact of illicit brew and substance abuse among the youth in Kenya.

#### **5.4 Recommendations**

1. There is also the need for continuous collaboration between stakeholders in the drug fight against substance abuse and illicit brew. In that sense, NACADA should work with other organizations like schools, churches, civil society, and local law enforcement agencies to ensure that rampant substance abuse and illicit brew are significantly reduced among the youth.
2. There is close to an 80% success rate for an illicit brew and substance abuse patients who go to rehabilitation centers. Rehabilitation centers have become important in the fight and management of illicit brew and substance abuse addicts in Kenya and Africa at Large. Building more and efficient rehabilitation centers there will hugely boost the management and eradication of this vice. As of now, rehabilitation centers are not widespread in Kenya. To undergo treatment in the rehabilitation centers is also expensive and medical cover is limited to a certain rate of spendings per month. Therefore it is necessary to make rehabilitation centers more accessible and more affordable. The quality of services offered should also be improved.
3. The majority of youth resort to substance abuse and illicit brew due to a lack of employment opportunities or money-making activities. Therefore one of the most effective ways to address the impact of illicit brew and substance abuse is by youth empowerment Improved economy and job creation investment in recreational activities.

## **5.5 Areas of further research**

1. The study noted that the use of illicit alcohol and substance abuse in Africa has significant effects on the youth. These effects need to be addressed and therefore more research required to provide more data that will inform effective national, regional and continental measures to control and contain the effects.
2. The study noted a close connection between use of illicit brews and substance abuse among youth in Kenya and drug trafficking which have serious impacts on the security. Therefore research required to investigate the link between drug trafficking, drug use and abuse and insecurity especially violent crimes in Kenya.
3. The study noted that despite various measures taken by government and other stakeholders to prevent and control use of illicit alcohol and substance abuse among youth in Kenya, the problem is on the increase. Therefore a research should be conducted to assess the effectiveness of these intervention measures by government and other stakeholders to control and prevent the use and abuse of illicit alcohol and drugs.

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## APPENDICES

### Appendix I: Questionnaire

Dear Respondent,

**RE: COLLECTION OF DATA.**

My name is **Michael Aswani Were**, I am a Master's student at the Institute of Diplomacy and International Studies, **University of Nairobi**. At the moment, I am carrying out research on the **“Effects of the use of illicit brews and substance abuse among youth in Africa. A case study of Kenya”**. You have been chosen to take part in this research; however, your participation is completely voluntary. I humbly request that you honestly complete the questionnaire.

Thank you so much for your cooperation and respond.

#### **PART 1: BIO-DATA INFORMATION**

**1. What is your gender?**

Male ( )

Female ( )

Others (Specify)

**2. What is your age?**

18-35 Years ( )

36-45 years ( )

45-65 years ( )

Others (Specify)

**3. Level of education:**

Primary ( )

Secondary ( )

College ( )

Undergraduate ( )

Graduate degree ( )

Post Graduate ( )

Others (Specify)

**PART B: THE IMPACT OF THE CONSUMPTION OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG THE YOUTH IN AFRICA**

1. What types of illicit brews and substance abuse exist among youth in Africa?

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.....  
.....

2. What factors have led to increased use of illicit brew and substance abuse in Africa?

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

3. What are the impacts of illicit brew and substance abuse in Africa?

.....



.....  
.....

**PART C: THE RELATIONSHIP BETWEEN THE USE OF ILLICIT BREWS AND  
SUBSTANCE ABUSE AMONG YOUTH IN KENYA AND TRENDS IN CRIMINAL  
ACTIVITIES**

4. Is there a relationship between crime and the use of illicit brew and substance abuse in  
Kenya? .....

5. If your answer to no. 4 is yes, which crimes are related to the use of illicit brews and  
substance abuse in Kenya?

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

6. Does the rise in crime in Kenya have anything to do with increased use of illicit brew and  
substance abuse among the youth?

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.....  
.....

7. Do you think addressing the use of illicit brew and substance abuse will significantly  
reduce crime in Kenya?

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.....  
.....

**PART D: THE INTERVENTION MEASURES PUT IN PLACE TO MITIGATE THE EFFECTS OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG YOUTH IN KENYA**

8. What are the intervention measures put in place to address the effects of use of substance abuse and illicit brew among youth in Kenya?

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.....  
.....

9. How effective are these intervention measures?

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.....  
.....

10. What can be done better to ensure that the menace of illicit brew and substance abuse is addressed?

## Appendix II: Interview Guide for Key Informants

Dear Respondent,

### **RE: COLLECTION OF DATA.**

My name is **Michael Aswani Were**, I am a Master's student at the Institute of Diplomacy and International Studies, **University of Nairobi**. At the moment, I am carrying out research on the **“Effects of the use of illicit brews and substance abuse among youth in Africa. A case study of Kenya”**. You have been chosen to take part in this research; however, your participation is completely voluntary. I humbly request that you honestly complete the Interview guide, Thank you so much for your cooperation and response

1. What is your gender?

Female [ ]

Male [ ]

Prefer not to say [ ]

2. What is your age?

18-35 Years [ ]

36-45 years [ ]

45-65 years [ ]

Above 65 [ ]

3. Level of education:

Primary [ ]

Secondary [ ]

College [ ]

Undergraduate [ ]

Graduate [ ]

Post Graduate [ ]

4. What types of illicit brews and substance abuse exist among youth in Africa?

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

5. What factors have led to increase in the use of illicit brews and substance abuse among youth in Africa?

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

6. What are the impacts of illicit brews and substance abuse among youth in Africa?

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

7. Is there a relationship between criminal trends and the use of illicit brews and substance abuse in Kenya?

.....

8. If your answer above is yes, which crimes are related to the use of illicit brews and substance abuse in Kenya?

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

9. Does rise in crime have anything to do with increased use of illicit brews and substance abuse among the youth in Kenya?

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

10. Do you think addressing the use of illicit brews and substance abuse will significantly reduce crime in Kenya?

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.....  
.....

11. What are the intervention measures put in place to address the effects of the use of illicit alcohol and substance abuse among youth in Kenya?

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12. How effective are these intervention measures?

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.....

13. What can be done better to ensure the problem of the use of illicit brews and substance abuse among youth is effectively addressed?

.....

.....

.....







14. Give your general comments or recommendations on the research topic

.....

.....

.....

**Appendix III: National Commission for Science, Technology and Innovation Research License**

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Ref No: 843770	Date of Issue: 12/July/2021
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2. The License any rights thereunder are non-transferable
3. The Licensee shall inform the relevant County Director of Education, County Commissioner and County Governor before commencement of the research
4. Excavation, filming and collection of specimens are subject to further necessary clearance from relevant Government Agencies
5. The License does not give authority to transfer research materials
6. NACOSTI may monitor and evaluate the licensed research project
7. The Licensee shall submit one hard copy and upload a soft copy of their final report (thesis) within one year of completion of the research
8. NACOSTI reserves the right to modify the conditions of the License including cancellation without prior notice

National Commission for Science, Technology and Innovation  
off Waiyaki Way, Upper Kabete,  
P. O. Box 30623, 00100 Nairobi, KENYA  
Land line: 020 4007000, 020 2241349, 020 3310571, 020 8001077  
Mobile: 0713 788 787 / 0735 404 245  
E-mail: [dg@nacosti.go.ke](mailto:dg@nacosti.go.ke) / [registry@nacosti.go.ke](mailto:registry@nacosti.go.ke)  
Website: [www.nacosti.go.ke](http://www.nacosti.go.ke)



**Appendix IV: Authorization Letter From County Director of Education**



**Republic of Kenya  
MINISTRY OF EDUCATION**

**STATE DEPARTMENT OF EARLY LEARNING AND BASIC EDUCATION**

Telegrams: "SCHOOLING", Nairobi  
Telephone; Nairobi 020 2453699  
Email: [rcenairobi@gmail.com](mailto:rcenairobi@gmail.com)  
[cdenairobi@gmail.com](mailto:cdenairobi@gmail.com)

REGIONAL DIRECTOR OF EDUCATION  
NAIROBI REGION  
NYAYO HOUSE  
P.O. Box 74629 – 00200  
NAIROBI

When replying please quote

Ref: RDE/NRB/RESEARCH/1/65 Vol.1

DATE: 22<sup>nd</sup> July, 2021

Michael Aswani  
Nairobi University

**RE: RESEARCH AUTHORIZATION**

We are in receipt of a letter from the National Commission for Science, Technology and Innovation regarding research authorization in Nairobi County on the topic: *"Effects of the use of illicit Brews and substance Abuse among youth in Africa"*.

This office has no objection and authority is hereby granted for a period, ending 12<sup>th</sup> July, 2022 as indicated in the request letter.

Kindly inform the Sub- County Director of Education of the County you intend to visit.

**ANTHONY MBASI  
FOR: REGIONAL DIRECTOR OF EDUCATION  
NAIROBI.**



**Copy to:** Director General/CEO  
National Commission for Science, Technology and Innovation  
**NAIROBI.**



## Appendix V: Introduction Letter from IDIS, University of Nairobi



**UNIVERSITY OF NAIROBI**  
College of Humanities and Social Sciences  
**Institute of Diplomacy and International Studies**

Tel : (02) 318262  
Telefax : 254-2-245566  
Fax : 254-2-245566  
Website : www.uonbi.ac.ke  
Telex : 22095 Varsity Ke Nairobi, Kenya  
E-mail : director-idis@uonbi.ac.ke

P.O. Box 30197  
Nairobi  
Kenya

July 2, 2021

TO WHOM IT MAY CONCERN

**RE: MICHAEL ASWANI WERE – R50/31432/2019**

This is to confirm that the above-mentioned person is a bona fide student at the Institute of Diplomacy and International Studies (IDIS), University of Nairobi pursuing a **Master of Arts Degree in International Studies**. He is working on a research project titled, **“EFFECTS OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG YOUTH IN AFRICA. A CASE STUDY OF KENYA”**.

The research project is a requirement for students undertaking Masters programme at the University of Nairobi, whose results will inform policy and learning.

Any assistance given to him to facilitate data collection for his research project will be highly appreciated.

Thank you in advance for your consideration.

A blue circular stamp from the University of Nairobi, Institute of Diplomacy and International Studies. The stamp contains the text "UNIVERSITY OF NAIROBI", "APPROVED", "DATE: .....", and "SIGN: ....." with a handwritten signature over it.  
**Professor Maria Nzomo,**  
Director, IDIS  
&  
Professor of International Relations and Governance

## Appendix VI: Similarity Index Report

### EFFECTS OF THE USE OF ILLICIT BREWS AND SUBSTANCE ABUSE AMONG YOUTH IN AFRICA: A CASE STUDY OF KENYA

#### ORIGINALITY REPORT

<b>14%</b> SIMILARITY INDEX	<b>11%</b> INTERNET SOURCES	<b>4%</b> PUBLICATIONS	<b>7%</b> STUDENT PAPERS
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#### PRIMARY SOURCES

<b>1</b>	<b>erepository.uonbi.ac.ke</b> Internet Source	<b>1%</b>
<b>2</b>	<b>Submitted to Kenyatta University</b> Student Paper	<b>1%</b>
<b>3</b>	<b>serialpublishers.org</b> Internet Source	<b>1%</b>
<b>4</b>	<b>Erepository.uonbi.ac.ke</b> Internet Source	<b>1%</b>
<b>5</b>	<b>ir-library.ku.ac.ke</b> Internet Source	<b>1%</b>
<b>6</b>	<b>hdl.handle.net</b> Internet Source	<b>&lt;1%</b>
<b>7</b>	<b>repository.mua.ac.ke</b> Internet Source	<b>&lt;1%</b>
<b>8</b>	<b>erepository.uonbi.ac.ke:8080</b> Internet Source	<b>&lt;1%</b>
<b>9</b>	<b>Submitted to National postgraduate Medical College of Nigeria</b>	<b>&lt;1%</b>

#### Student Paper

<b>10</b>	<b>www.ijlhss.com</b> Internet Source	<b>&lt;1%</b>
<b>11</b>	<b>www.ncbi.nlm.nih.gov</b> Internet Source	<b>&lt;1%</b>
<b>12</b>	<b>Submitted to Saint Paul University</b> Student Paper	<b>&lt;1%</b>
<b>13</b>	<b>ir.kabarak.ac.ke</b> Internet Source	<b>&lt;1%</b>
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<b>15</b>	<b>www.crimeresearch.go.ke</b> Internet Source	<b>&lt;1%</b>
<b>16</b>	<b>Juliana Mulaa Namada, James Ngari Karimi. "Drug and substance abuse among university students". Research Square Platform LLC</b>	<b>&lt;1%</b>