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Department of sociology**

« **Drug Abuse by the Matatu Workers of Kiambu County, Kenya** »

M.A: Project Paper

CSO 698

By

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the Award of Masters of Arts Degree in Sociology, (Rural Sociology and
Community Development**

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DECLARATION

This is my original work and has not been presented for a degree in any other university.

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The project has been submitted for examination with my approval as the University supervisor.

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Date

ACKNOWLEDGMENT

I would like to thank God for taking me through this project, lifting me when am low, walking constantly with me and whispering to me when am discouraged.

Secondly, I sincerely want to thank my Supervisor Professor P. Chitere for his good guidance, direction, encouragement and close supervision that made this work possible. His patience has taught me to be patience to others.

Thirdly, my husband, who has encouraged me all through the difficult times and all the others who have offered encouragement in one way or another through this work. God Bless you all.

DEDICATION

This piece of work is dedicated to:

My dear husband, Stephen Matimu,

My children, Alex, Derrick, Ivy and Curtis,

My parents William Mureithi and Peris Wanjiku Mureithi.

I will always love you.

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ABSTRACT

The intensity of drug abuse in Kenya has been a major concern in recent years and those that are mostly affected are the youth especially the matatu workers. The study focused on matatu workers aged between 21-25 years and was carried out in Kiambaa constituency in Kiambu county where the problem of drug abuse among the matatu workers was noted as highly prevalent. The study set out to find out the extent to which drug abuse affected the matatu workers. Matatu workers in this study refer to the matatu drivers and touts.

The objectives of the study were 1. To identify the characteristics of matatu workers who use drugs, 2. To establish the types of drugs abused by matatu workers in Kiambu county, 3. To investigate the level of drug use by matatu workers in Kiambu county and finally to assess affects of drugs on matatu workers who abuse drugs in Kiambu County. To achieve the stated objectives, non- probability sampling was used to gather a total of 100 respondents. A structured questionnaire was employed to gather information from the matatu workers and purposive sampling was used to select the key informants and the termini in order to collect the information. The raw data collected was processed using SPSS (statistical package), both descriptive and inferential statistics were used to analyse the data.

Findings from the study revealed that 94% of the matatu workers were men and 6% were women. The education level of the matatu workers was low with only 21% having completed secondary level of education. 31% of the matatu workers said that alcohol was used, 26% mentioned miraa, 25% of the respondents said they used Tobacco, while 13% used marijuana and 5% used cocaine. Therefore, 60% of the respondents accepted that they were excessively involved in drugs. This was actually referred to as a problem because it involved the whole society.

The study found different ways in which the matatu workers cope with the drug abuse problem. They said that they fought their spouses, quarreled, and they also admitted that drug abuse affected their families and friends. They said that they felt frustrated, lacked focus, had no finances because they used their money in buying the drugs of abuse and that they quarreled. There were some mitigation measures put in place to deal with drug abuse. These were police raids in the Chang'aa dens, counseling by the parents while still young, public barazas that

target the matatu workers, church leaders to hold crusades and seminars. However, the respondents felt that the stakeholders needed to intensify their efforts in addressing the effects of drugs abuse among the matatu workers. Future studies should address the effects of drug related activities on poverty levels in the community and the instability in families because of drugs and substance use.

CHAPTER ONE: INTRODUCTION

1.1 Background Of the Study

The problem of drug abuse among the youth affects many countries of the world. According to the World Health Organization (WHO 1989), the problem of drug abuse was serious and that it was affecting many youths in the whole world. Drug abuse has been identified as one of the most serious problems faced by Americans (NIDA 2005). The types of drugs abused by youth are as diverse as there are many countries in the world, for example in the US, studies indicate that 80% of late adolescents have tried alcohol; 71% have tried a cigarette; 42% have used Marijuana or harshish; 7% have used some form of cocaine while; 16% have used some other illegal drugs Cobb (2001).

In Africa particularly, drug abuse is a major concern since rural and urban people abuse drugs (UNDC 2004) Hyttel noted that Africa particularly Morocco, is a major source of cannabis sativa which is found in the black market. The major cities and ports of Africa are known to be transit points for global trafficking of heroin from the Far East and cocaine from Latin America. According to Yambo and Acuda (1983) drug use is harmful to personal health of the consumer, other persons and a burden to society. The user may justify the use of drugs by claiming that drugs bring a feeling of enjoyment or having fun and sometimes users consider drugs to be good friends especially if people have betrayed them. Students justify the use of drugs by claiming that the behaviour could be a stimulant for doing studies for a long time leading to improvement in performance.

African countries seem to be the victims of illicit drug problem, countries such as Mauritius, Ghana, Nigeria, Cote d'ivoire, Congo (DRC) and south Africa are the transit hubs and consumers of large consignments of heroin and cocaine in what is referred to as a global trade in narcotics and drug cartels operating in Africa and Europe (Gathura 2009, Ngolyo 2009, Daily Nation April 8, 2009). Kenya has not been spared either in drug abuse and trafficking cartels. Ndirangu (2000) for instance observes that drug abuse among the Kenya youth is a social time bomb. According to NACADA (2004) drug and substance abuse in Kenya was widespread and

cut across all social groups with the youth being the most affected. NACADA (2004) observed that the youth seemed to increasingly abuse drugs such as heroin, cocaine and madrax which are in the class of narcotics and also opium and inhalants. NACADA (2004) also observed that alcohol, tobacco, bhang, miraa and inhalants were the commonly abused substances by Matatu workers (drivers and touts) of 21 -35 years.

The problems of drug abuse especially among the youth need to be addressed urgently in order to save the youth who are future leaders. Drug abuse has many diverse effects on both the individual abuser and also the community. According to (Phillips 1994), drug abuse may result to mental, emotional or social problems. Drug abuse has also been associated with accidents, suicides, family conflicts and crimes (Kramer and Cameron 1975; KIE 2004). Other consequences of drug abuse include death, paranoia, and depression, cause of riots, fire and fights among students (Commission for higher education, 2003) according to the commission for higher education (2003), those who seriously engage in drugs are between the ages of 21- 35 years. These are the secondary school students and those who have just completed their secondary education.

The use of chronic drug abuse is also associated with health problems such as sexually transmitted diseases, transmission of HIV and also viral hepatitis Mokdad, Stroup and Gerberding (2004). Different scholars have come up with some of the factors that contributed to drug abuse among the youth in general. These include social psychological and cultural factors, economic factors and institutional factors. According to NACADA (2004), the contributing factors include socially and economically unstable families, peer pressure influence and psychological state within the individual such as search for identity, fun, curiosity and negative self image (low self esteem). According to Phillips (1994) intervention methods can be through education, confronting the drug addict about the behaviour, show love, helping families and friends of addicts, chemical dependency treatment detoxification among others.

Survey by the national agency force, campaign against drug abuse NACADA (2003) report that among 21-35 years old, 9% of students and non-students in Kenya abuse drugs. According to the report, the commonly abused drugs are alcohol, tobacco, Marijuana. The commonly used

inhalants are Heroin, Cocaine and Madrax. In some cases, learners experiment or use drugs before attending formal school (Michieka, 2006), while for others; they become exposed in secondary schools and at the university Ogunde and Leak, (1999).

According to (Yambo and Acada 1983) use and abuse of drugs in other cases is a habit that is learnt from peers, friends and close relatives. A family or community in which adults drink alcohol, smoke bhang or chew miraa can influence young people to experiment with drugs which they are likely to abuse. Astrom and Hauge (2003) observed that the commonly abused drugs can easily be available and accessible to the citizens, youth, children from peddlers, friends, pharmacies and kiosks. Drug and substance use and abuse in general has detrimental effects at both individual and societal levels. The condition increase morbidity, social exclusion and causes interpersonal problems and suffering. Alcohol is undoubtedly the most popular drug of abuse in Kenya, more so affecting the youth who include matatu workers, who have the curiosity to adventure. IIACP, (2002), thus the purpose of the study.

1.2 Problem Statement

Although a lot has been said about drugs and their abuse in the media, seminars, books and magazines, the number of youths using them has been on the increase. The rising rates of drug and substance abuse has been reported in Kenya in recent years. According to Liambila and Wekesa (2007), 77.1% of non students were reported to be on long term abuse of alcohol; 65.7% on tobacco, 34.9% were on bhang, 55.1% were taking miraa while 12.5% were on inhalants.

The hard economic times, high levels of poverty and unemployment among the youth had led to rampant use of drugs as a way of escaping from the reality. This has made the already bad situation worse by rendering more youths unproductive in nation building because of drug abuse. This has led to increase in poverty levels, further leading to harder economic times. The continued abuse of drugs such as marijuana, miraa, cocaine, heroine and alcohol are actually a menace to the youth since they lead to strong addiction and insanity. The use of substance and drug abuse needs to be addressed urgently to save the future of the youth in our country.

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The study was guided by the following pertinent questions:-

- What are the characteristics of matatu workers who abuse drugs?
- What are the types of drugs abused by the matatu workers in Kiambu County?
- What is the level of drug abuse by matatu workers of 21-35 years in Kiambu County?
- What are the effects of matatu workers who abuse drugs?

1.3 Objective of the Study

Main objectives

- To investigate the level of drug and substance abuse in Kiambu county and to identify its effects on the matatu workers.

The specific objectives was be:

- To identify characteristics of matatu workers who abuse drugs
- To establish the types of drugs abused by matatu workers.
- To investigate the level of drug use by matatu workers in Kiambu county.
- To assess effects of drugs on matatu workers who abuse them.

1.4 Study Justification

First of all the study recognizes that drug and substance use among the youth is very disturbing phenomena in Kenya today. Parents, community and also the government are in cognizance of the dangers of drug and substance abuse posed to the whole of the Kenyan population and more so the youth of our republic. This is why there are bodies like the National Drug Policy (NDP) and also National Agency for the Campaign against Drug Abuse (NACADA). All these show the effort the government has been making due to the magnitude of the problem.

Secondly the matatu workers who are the focus of this study are the most productive within the whole population and the abuse of drugs are rendering them unproductive both socially and economically. In Kiambu County, the use of drugs is rising by day and the rate of addiction is also increasing. It is therefore important to establish exactly what the effects are that affect the

youth after abusing drugs and substances. Finally the matatu workers do not live in isolation. Man is an interactive being it is therefore important to find out the characteristics that result when they engage in taking drugs. This will also help the community to make informed decisions unto how to curb the menace. The study will also assist the policy makers, planners and implementers.

1.5 Scope and Limitation of the Study

The study focused on the effects of drug abuse and substance on the productivity of the matatu drivers and touts. The investigation was conducted to find out how drug abuse affects those around them and also to find out how the community perceives the problem of drug abuse and substance among the youth.

The study investigated the level of drug abuse among the matatu drivers and the effect of drugs within their family level. This area is famous for coming up with gangsters, crime rate is very high and also the consumption of alcohol is very high together with other drugs such as Marijuana, tobacco, alcohol and miraa. Consumption of alcohol and other drugs such as marijuana, tobacco and miraa is very prevalent. matatu drivers and Touts being part of this community, happen to be some of the victims. This made the study all the more relevant in order to find out the effects of drug abuse in Kiambu district.

The study was limited to the matatu workers, in Kiambaa constituency in Kiambu county. It focused on types of drugs, characteristics of drugs users effect of drug abuse, views and perceptions from teachers and administrators,

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

The purpose of this chapter was to capture relevant literature relating to drug abuse and its effects on the PSV workers especially the matatu drivers. The literature review is necessary in understanding the subject of the study.

The information presented in the literature review is derived from diverse sources such as government documentations, journals, unpublished research works, newspapers, internet, and library books. There was need to carry out this study on the effect of drug abuse among public service vehicles workers especially the touts and matatu drivers since it is not comprehensively addressed. In order to see the problem in a broader perspective and provide a wider conceptual understanding of it, a critical review of literature on related issues and theories was undertaken.

This chapter describes the major themes that emerged from literature reviewed such as historical development of some drugs abused in Africa, types of drugs abused by matatu workers, characteristics of drug users, family background, drug users and peer pressure among the matatu workers. Effects of drug abuse on workers. In the literature review, the focus was on alcohol, miraa, bhang and tobacco as the drugs abused by the matatu workers. The final part of this chapter gives an account of the main theories employed in addressing the issue of alcoholism in matatu drivers and touts and the effects on their productivity. These are the reference group theory, symbolic interaction theory and school learning theory.

2.1 History of Drug Abuse in Africa

Kenya has been experiencing rapid increase in production, distribution and consumption of multiple drugs of dependence. In Kenya, drugs have been associated with the current state of lawlessness and especially among the young people. Many young people in Kenya start to experiment bhang smoking, chang'aa, cocaine, Heroine, alcohol. Cigarette remain the biggest challenge for the introduced youths virtually to all drugs NACADA (2003), tobacco, miraa and caffeine beverages Amayo and Wangai Jr (1994) at a very tender age.

This does not affect the individual alone but also the family, the whole community and the nation at large. Alcohol and Cigarettes remain the biggest challenge for they initiate youth virtually to all drugs NACADA (2003). In addition to that, Kenya has for many years served as a transit route for drugs destined for Europe and U.S.A. from the far East. These Drugs range from heroine to cocaine, madrax and even Hashish. These hard drugs have found their way to the local Market from overseas up market.

2.2 Types of Drugs

Drugs can be defined as substance which may be chemical, synthetic or natural which when taken by a living organism, may affect one or more functions in the body. Drugs can be inhaled, snorted, sniffed, swallowed, injected into the body or used externally as liquid, ointment or powder (KIE 2003: 115). The abuse of drugs threatens the health of the user and may cause behaviors that threaten the health and safety of the whole nation. According to Yambo and Acunda (1983) use and abuse of drugs in other cases is a habit that is learnt from peers, friends and close relatives. Astrom and Jorden (2003) observed that the commonly abused drugs can easily be available from peddlers, friends, and pharmacies and kiosks. Drugs and substance use and abuse in general have detrimental effects at both individual and societal level.

2.2.1 Alcohol

Alcohol is the most common drug abused in most African countries. Alcohol drinks have been consumed in much of Africa for centuries. For centuries alcohol has played a very significant part in the social life of the people; for example in celebrations, rituals and settling disputes. Human beings have been using alcohol and plant derived drugs for thousands of years Oakley, (1993;29) According to Hipocrates wine has numerous medical properties, which had long been used for therapeutic and analgesic value Lucia (1963:36).

Beer was the major beverage among the Babylonians and as early as 2,700 B.C. the Babylonians worshipped a wine goddess and other deities Hyams (1965:38). The Babylonians too used both beer and wine as offering to their gods Lutz, (1922:125)

In Africa, traditional Africa beer has played an important role in the cultural and religious lives of the African people for many centuries especially after a birth of a child, initiation, marriage, death, victory over an enemy and also paying libation to the ancestors Sournia, (1990:5). According to the findings of a national base line survey conducted in Kenya by NACADA between 2001 and 2002, targeting the youth aged 21 to 35 years, alcohol was the most used in the list of substances (long term use) NACADA (2004). Alcohol is one of those mood altering substances that is socially and legally used by individual and not everyone who take alcohol has problems or ends up experiencing problems Muriithi (2002:14). Some people are able to control themselves while others are not. Wanjiru, (1979:22)

Kenyan youth are abusing alcohol to the extent that everybody is up in arms complaining and condemning the bad behaviour. Vatsyayan, (1992:15) He argues that for the alcoholic to meet the expenses of drink, he may take to gambling or even steal. Some of the brews are laced with methanol bhang, fertilizer, and alkaline acid making them more dangerous.

2.2.2 Marijuana (Cannabis Sativa)

Cannabis Sativa grows as a weed in the US and Canada. The two most popular drugs obtained from the cannabis sativa plant are Marijuana and Hashish. Marijuana is an illegal drug that is prepared as mixture of crushed leaves, flowers, stems and seeds of the Hemp Plant. Hashish is an illegal drug, which is more concentrated and thus more potent than Marijuana. Both are from Cannabis Sativa Plant. According to O'malley and Bachman (1989), of all illicit drugs Marijuana is the most frequently used by the American adolescents with 42% of high school seniors reporting they have used it. It is also one of the first illicit drugs an adolescent is likely to experiment (CDC, 1996). Recent survey has linked heavy and chronic. It is also grown in Kenya for as long as mankind existed. It is illegally grown for the illegal domestic market unlike Miraa which are grown commercially and legally in Kenya.

2.2.3 Miraa

In Kenya, Miraa is known by a number of names these include Khat, Mairungi, Khat, and Ngomba. Miraa produces a stimulant that gives an individual a feeling of excitation, feeling of being liberated from space and time, Inane laughing and eventually a semi-coma. Sometimes it

can produce depression in an individual (Lewin 1931). Miraa was used socially to produce excitement, banish sleep and promote communication. It was used as a stimulant to banish hunger and fatigue. Miraa was used socially to produce excitement, banish sleep and promote communication. It is used as a stimulant to banish hunger and fatigue. In Kenya, miraa is known by a number of names. These include Khat, Mairungi, chat, Ngomba. Miraa produces a stimulant that gives an individual a feeling of exaltation, feeling of being liberated from space and time, inane laughing and eventually a semi coma; sometimes it can produce depression in an individual (Lewin 1931).

Miraa has fresh leaves and young shoots which when chewed produces a stimulating effect similar to amphetamines but milder. It is therefore used as a means of relaxation to facilitate communication during social events and to suppress sleep and fatigue in work situations which require sustained alertness and attention. Khat is one of the three leading drugs of abuse in East Africa.

2.2.4 Tobacco

Tobacco was formally introduced as a herb in Europe for medicinal uses. It was used to treat cold, abscess, sores on the head and also persistent headache.

Tobacco then spread to other countries of the world. Tobacco was first used by people for chewing and later for smoking in form of a cigarette. Cigarette smoking grew rapidly in the western world in the first part of the twentieth century in the US half of the all adult men were smokers in 1945, consuming an average of twenty cigarettes per day.

Cobb (2001) observed that by the time American adolescents reach their senior year in high school; over 71% have cigarettes, more than half smoking once a month and 22% smoking daily. Cigarette smoking has also been associated with increased risk of lung cancer and respiratory diseases such as emphysema and chronic bronchitis. According to Ray and Ksir, (1996) 85% of cases of lung cancer in the United States occur in smokers. Tobacco smoking in pregnant mothers has also a very diverse effect on the unborn babies. Tobacco smoking is

associated with pre-mature babies, low birth weight, spontaneous abortion and prenatal problems CDC (1996).

2.3 Characteristics of drug users

Drug users spend a considerable proportion of their salary and time on the habit. The twenty four hour cycle of the addict consists of eight hours of searching for the drug, eight hours in it and eight hours of sleep. NCST (1996). When Miraa is chewed, it produces mild Euphoria, suppresses appetite, sustains alertness and abolishes sleep. Excessive dosage can cause a coma, stupor (unconsciousness) or even death. It also causes memory impairment, apathy, poverty of ideas and deterioration in personal hygiene.

According to meeks – Mitchell and Helt (1987), drug abuse can lead to life- threatening situations unless quick and proper action is taken. Drug abuse is responsible for mental, physical emotional or social problems among the matatu workers. At the worst, it leads to death among the drug users. It is therefore important to understand from the matatu workers how the problem can be addressed.

Widespread drug abuse especially drunkenness in the matatu workers reduces productivity and development through lack of concentration, absenteeism, irregular work patterns, inefficiency and carelessness, delays and reduced input ILO, (2002) argues that corruption, embezzlement of funds and forgery are common crinte's that some people especially the matatu workers engage in, in order to support their drug use habits.

Chronic drug abuse may have very bad effects on the health of the victim; first his brain, and nervous system may be damaged. This brings about memory loss and lack of concentration. Drug users tend to be careless and reckless and lack personal hygiene. This is because most of their time is used in searching for the drugs, taking them, and eventually sleeping, hence no productivity. This leads to deterioration of health. The same people end up becoming a liability to their family members and the larger society.

Excessive use of drugs of abuse lead to withdrawal syndrome, stress and eventually depression. Matatu worker ends up jobless and therefore becomes a financial burden to the society. In order

to maintain his drug use, the matatu worker drives the vehicle at very high speed to be able to acquire as much money as possible. Unfortunately, the same money he struggles to acquire ends up being used in the same drugs and prostitution. For this reason, it is important to identify some of the characteristics of drug users in matatu workers of Kiambu County in order for the relevant authority to take proper intervention measures.

According to Githithu, (2000;a) The African communities used to drink together in order to have a sense of belonging and good fellowship. As mentioned earlier, in the past alcohol was regarded as medicine used to relieve pain and increase appetite Sournia,(1990:24). There was emphasis on responsible drinking habits though not strictly followed. Unfortunately, alcohol and cigarettes remain the biggest challenge for they initiate youth to virtually all the other drugs. NACADA, (2003).

Today, many parents are preoccupied with their businesses and social activities, much to the disadvantage of their children, who are left with freedom to choose paths of discovery instead of being with freedom to choose who feels isolated was usually take steps to find a sense of belonging Children from broken families tend to be more affected by the drug taking syndrome. They see it as an alternative to loneliness.

According to silver stain (1990:18), one in every four families has problems with drugs especially alcohol. When the youth engage in taking alcohol, the parents get affected for they see their child as doomed and cursed (NACADA 2004:15). The youths in school end up having very low grades and others dropping out of school. Unfavorable socialization of children by parents such as hostility and rejection plays a very major role in drug abuse in Kenya Ndirangu, (2000). Ndirangu argues that there is no substitute to parental love and that children require a stable family for moral education, sharing problem and encouragement in their problems as they grow up.

Some youths indulge in drug abuse while escaping from the depressing problems they face in their families (Phillips, 1994). The childhood problematic traumas they encountered tend to be overwhelming and to avoid remembering, they end up in drug abuse and substance abuse. The feelings of anger, fear, loneliness and depression arising from deprivation of parental and general

family love tend to be difficult to deal with. According to NACADA (2004), homelessness and unhealthy homes drive some young people to experiment with substances in order to forget the harsh realities of life. It is therefore important to establish whether the matatu workers in Kiambu county were influenced by social problems within their families to abuse drugs and substances or external forces.

2.4 Drug Abuse and Peer Pressure Among Matatu Workers

According to NACADA (2004), peer pressure has been a major contributing factor in drug abuse by youth in Kenya. Some youths are influenced by their peers to experiment drugs under the impression that drugs stimulate appetite for food, increase strength to perform heavy tasks, enhance wisdom. Peer pressure may have a positive or negative impact among the youth. Drug users, like other people tend to seek approval from their peers. They often try to convince others to join them in their habit.

According to Ndirangu (2000), negative self-image of the youth and their search to be recognized as heroes has driven the youth into drug abuse. Ray and Ksir (1996) assert that as adolescence progresses peer influences become stronger. It is therefore important to establish whether the youths in Kiambu County undergo through the peer influence as stated above. Namwoja, (1993) says that youths who drink get involved in crime. Drug related crimes include burglary, fraud, murder, rape, sexual assaults, robberies and other related incidents where weapons such as pangas, knives, blunt objects as well as firearms are used (Mushanga, 1998:22). In Kenya crime incident among the drunken youth have been evident in St. Kizito Girls School in which 19 girls were killed and many others raped. Several deaths have also been witnessed in Naivasha, Mai Mahiu, Machakos and Nairobi as a result of illicit brews such as "KumiKumi" More than one hundred and forty people died and others lost their eyesight after consuming illegal ethanol riced alcoholic drink.

In The Daily Nation, of 25 January 2002, cases of crime committed by the youth during post election crises were very common. The youth as states were first abusing drugs and substance before committing the crime. A lot of properties were destroyed others lost their lives and others were under the influence of the drugs they act in antisocial ways since their inhibitions are

removed resulting to murder, rape and other crimes. (Vat syayan, 1992:15) In alcoholic families, crime and violence are very common. According to (Berger 1993) almost 30% of incest cases and 75% of domestic violence cases involve a family member who is an alcoholic or drug abuser. This shows all the more how drug and substance abuse influence the youth.

2.5 Effects of drug abuse by matatu workers

ILO (2002) states that there is a clear association between alcohol consumption and accidents. Drinking alcohol or substance before attending to an activity increases the risk of an accident.

(<http://www.marininstitute.org/youth/alcohol-youth.html>). Studies indicate that alcohol among the youth is estimated to be a factor in 20-30% of all accidents. Drugs abuse is therefore a major cause of death among the youth. Road accidents are reported to be due to drunkenness.

Although an accident may be defined as an event without apparent cause alcohol related cause do not occur randomly Honkanen, (1993:15) Drunken driver make wrong judgments and calculations and in the process cause very serious accidents Glucksman (1993:2), Drunken drivers do not care about other road users, (Tibamanya, 1988:138). Tibamanya argues that other accidents include assaults, accidents in the homes at leisure places, at work and also sports.

Teenage drivers contribute a lot to motor vehicle related deaths, both on their own or with others Kai of and Wasiams (1983: page55). They argue that a great deal of teenage drinking among moderate to heavy drinkers take place in or around cars.

In Kenya, youth take advantage of their parents property by taking their vehicles and together with their peers go for drinking sprees. Some are involved in fatal road accidents as happened along Jogoo road (Daily Nation, 28th December 2006) where all the five youths in the car perished. We have also witnessed an accident from Murang'a road where all the six young drunk youths died (Daily Nation 24th august, 2004)

A child tends to pick the habit from what he/She sees around him/her. The children brought up in miraa growing areas start to chew miraa at a very early age. It is taken to be normal but later on they become addicted. The use of miraa, alcohol and cigarettes have devastating effects

Persistence use of miraa is known to cause physical exhaustion and suicidal depression (NCST, 1996) in schools, youths who use miraa end up performing poorly and end up dropping out of school. Initially miraa was used socially to produce excitement banish sleep and promote communication. It was used as a stimulant to banish hunger and fatigue Lewin (1931).

In Kenya tobacco, alcohol and Miraa are licensed, not strictly controlled making them accessible to the youth. The relatively easy availability and accessibility of these drugs therefore contributes to their abuse (NACADA 2004; Rayard Ksir, 1996). The mass media contributes to drug abuse through television and radio programmes, video shows and internet services such as face book. Television programs portray drugs such as alcohol as a very important beverage. The youth are therefore tempted to engage in drugs and substance use in an effort to arrive at these desirable state of living NACADA, (2004).

The environment plays a very major role in influencing the youth either positively or negatively. A youth may grow to be upright depending on the environment he is brought up and the opposite is also possible. Therefore, it is important to find out if the society have a role to play in the drug use in Kiambu.

2.6 Theoretical Framework

According to singleton at al 1998 (24) all empirical studies should be grounded in a theory, meaning they have to be conducted scientifically and should be empirically testable. A theory aims at finding general explanation of natural events. (Kerlinger et al 1964:4) defines a theory as a set of interrelated concepts, definitions and prepositions that present a systematic view of phenomena by specifying relations among variables in order to explain and predict the phenomena.

The purpose of this section is to discuss briefly the theoretical framework adopted in the study. The study was use three theories to show how they relate to the topic of study. The study was be informed by social learning theory by Bandura and Watters, (1963); symbolic interaction theory by George Mead (1971) and reference group theory by Herbert and Singers, (1968).

2.6.1 Reference Group Theory

According to reference group theory by Herbert and Singers (1968), “men shape their attitudes to reference groups other than their own. Reference groups are groups which individuals aspire to maintain membership. In reference group theory, individuals conform to the norms of the group meaning that individual’s attitude formation is influenced by the group. They imitate each others’ character. The choice of their reference is normally based on simple assumptions about motivation.

The theory was enhance the study in that matatu drivers and touts may engage in drugs in order to identify with the peers. By so doing the matatu drivers and touts was acquire a sense of belonging. Unhealthy behaviours have been learned this way and have really affected the lives of many matatu drivers and touts in the productivity of their work. If the reference group abuse drugs, the interested individuals was join them and abuse drugs like them.

2.6.2 Symbolic Interaction Theory

The proponent of symbolic interaction theory is by Mead (1971:19), In the social interaction theory, people consider and even rehearse what they are going to do”. According to symbolic interaction theory human behaviour is determined by human beings who make meaning out of other people’s actions, modify meanings and eventually interpret the meanings. The interpretation helps the people to copy each others’ behaviour and therefore a common understanding.

According to symbolic interaction theory, youths may try to fit in certain groups that they hold in high esteem. They may be those who are their role model. In this case, then they end up joining their peer out of school. Their interaction with people who are already in drug abuse and substance greatly influence their way of thinking and therefore influence them. As they would always want to copy their own use and also peddling the same.

Those who are still in school lack concentration due to drug abuse and substance. Their learning is interrupted and majority end up getting poor grades while others drop out of school. Some of the dropouts end up in the matatu business which does not require high grades in academics.

2.6.3 Social Learning Theory

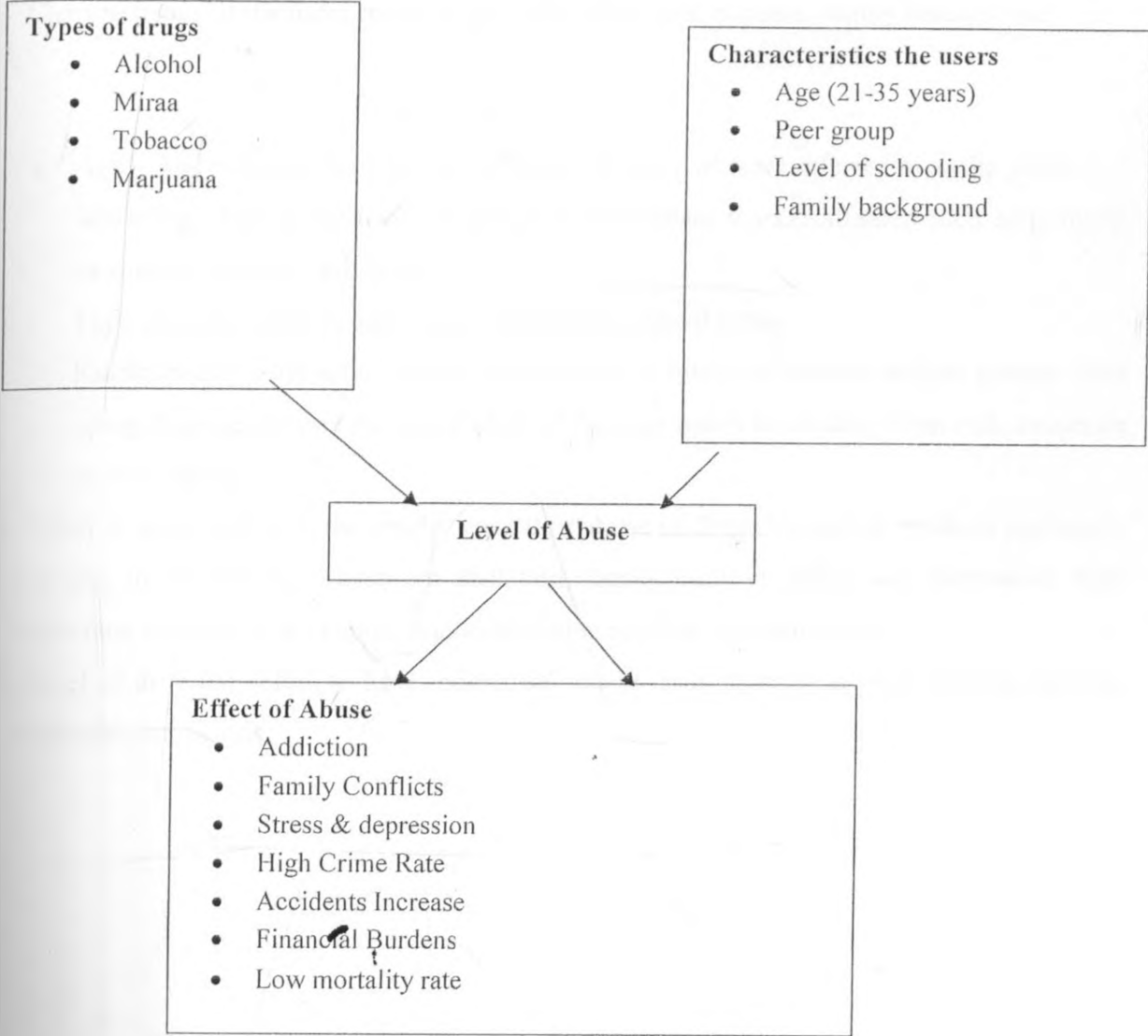
In social learning theory much learning takes place as a result of observation and imitation of other people's behaviour. Bandura and Walters (1963) in Newman and Newman (1999:75) say that change in behaviour can occur without being linked to a specific pattern of positive or negative reinforcement and without numerous opportunities for trials and error practice.

This theory emphasizes imitation as the mental process in resolving the crisis of autonomy versus shame and doubt. Young people tend to imitate the character of the people who are aggressive and prestigious as their role model. Through observation learning a young person becomes acquainted with the general concept of a situation as well as a specific behaviour. By watching what others are doing, then young people can choose to imitate or not.

This theory can then be used in understanding why young people drop out of school to get into drug abuse. Most of the youths are exposed into drugs at a very tender age and therefore grow up either a tendency to develop a positive attitude towards them. Once they drop out of school, they end up as touts and later as matatu drivers.

2.7 Conceptual Framework

To guide the design of the study is a conceptual framework that has been drawn from the viewed literature. It shows the cycle of drug abuse and substance from personal factors, social factors, economic factors and personal effects and societal effects.



2.7.1 Operational definitions

- a) Types of drugs refers to the drugs of abuse used by the matatu crew. These are Alcohol, miraa, tobacco which includes cigarettes and marijuana.
- b) Characteristics of the users refers to age, schooling, type of peers, family background.
 - i. Age -- Age refers to those between 21 and 35 years who are referred to as the youth.
 - ii. Schooling- This is the level of schooling the matatu worker attained such as primary, secondary, college, university.
 - iii. Type of peers refers to age mates, workmates, school mates.
 - iv. Family background refers to the users history in terms of whether his/her parents were using drugs or not and the social class of the user refers to whether from rich, moderate or poor family.
- c) Effect of abuse refers to the results seen after abuse of drugs by matatu workers personally and also in the society. These are addiction, family conflict, stress and depression, high crime rate, increase in accidents, financial burden and low mortality rates.
- d) Level of drug use refers to how serious the use of drugs is such as, very serious, serious, moderate, not serious.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

The chapter describes the site of the study, research and sampling design, sources of data, data collection and data analysis.

3.1 Site Selection

The study aimed to investigate the level of drug and substance abuse in Kiambu county and to identify its effects on matatu workers.

Kiambu county neighbours Nairobi city and has eight constituencies. These are Lari, Githunguri, Gatundu North, Gatundu South, Juja, Limuru, Kikuyu and Kiambaa.

According to the current census conducted in 2009, the population of this county is about 1.475 million. Kiambu is an agricultural county where a few people own large chunks of land, which once were the white highlands. Majority have very small pieces of land used for horticulture, poultry and dairy farming.

This is a county where selling of drugs and abuse is very common triggered by its proximity to the city of Nairobi. The area is unique because it has a very high population density and seems to harbor unlawful group. Very early in the morning young men are seen in groups and at a close look they are normally drunk either with alcohol, bhang, tobacco or are chewing Miraa. The site has been covered severally by the media and television stations highlighting battles with the police as they try to curb the menace. (Daily Nation, 18th September 2006).

Insecurity is reported to be worse in Kiambaa constituency owing to the presence of some organized criminal groups such as Mungiki and its proximity to the city of Nairobi makes it all the more vulnerable. Majority of the people who live in the constituency commute everyday to Nairobi and back while others are small business men and women. Very large numbers of the youth are idlers. Majority of these were brought up by single mothers who move out at night and come back in the morning.

Since Kiambu is very large and has eight constituencies, the researcher conducted the research in Kiambaa constituency. Kiambaa constituency is divided into three locations, these are Kihara, Kiambu municipality and Karuri. The researcher focused on matatu workers in Limuru, Karuri, Rwaka, Raini and Gachie termini.

The selection of the site was done purposively. It was selected for its convenience to the researcher since the researcher works in the area. This fact is important for it was to increase the researcher's mobility and enable easier access and tracing of the respondents during the study period. This was also to assist in verifying what has always been said about the site and effects of drug abuse within the county. The researcher therefore concentrated on Kiambaa constituency which is within the county in order to uncover what goes on as the youth are consumed by drug abuse and substance. School drop out rate is very high in Kiambaa constituency and most of the boys end up in matatu business. The study aims to investigate the effects of drug abuse and substance on the matatu workers in Kiambu County.

3.2 Research Design

The study was to capture both qualitative and quantitative research methods to be able to make generalizations about the phenomenon under study. The research aimed at coming up with results on effects of drug abuse on matatu workers. According to Cooper and Schindler (2000), research design is the blue print for the collection, measurement and analysis of data.

On quantitative research method, a survey was used. A survey refers to a method of collecting information by asking a set of pre-formulated questions in a pre-determined sequence in a structured questionnaire. The survey targeted the youth who worked in matatu industry in order to capture knowledge, attitudes and practices towards drug abuse.

On the qualitative research method, the researcher did a field study and the data collection technique was purposively done through the identification of key informants. Through the Key informants, the researcher was involved in indepth interviews as well as unstructured interviews, so as to be able to gather as much data as possible. The respondents were chosen randomly to be able to come up with tentative results. Field research was used to generate perceptions, attitude,

behaviour and practices of the respondents in the larger context. Other than the incident, field study enabled the researcher to study natural processes as they happened Schutt (1996:312). Field Study helped to find the effects of drug abuse and some of the ways to address the problem of drug abuse among the matatu workers of Kiambaa constituency.

3.3 Units of Analysis and observations

According to Singleton et al (1993) they define a unit of analysis as “the entity about who or which a researcher gathers information”. In the case of this study, the units of analysis are the effects of drug abuse and substance of the youth in Kiambu County. The study sought to establish types of drugs abused by youths in the Kiambaa constituency and the effect of drug abuse.

According to Baker, (1994) units of analysis are “the social; entities whose social characteristics are the focus of the study”.

The units of observation are individuals placed in different position in order to get important data to the researcher. These include youth sampled, parents, teachers, chief, church leaders and also the police. These served as key informants for they are very concerned over the drug abuse effects in the locality.

Their positions in the society helped them to have important information relevant to this area of study and were interviewed in order to provide insights and data into the study.

3.4 Source of Data

The study used both primary and secondary data. Primary data was obtained from the parents, teachers, chief, church leaders and the police. The workers were the main respondents while the parents, teachers, youth, chief, church leaders and the police were the key informants.

The secondary data was obtained from published literature such as media reports; published research works journals, libraries and electronic websites

3.5 Sampling

Singleton et al (1988) have define sampling as the “seeking of knowledge or information about a population by observing part of the population in order to generalize to the findings of the entire universe” A sample is therefore a small proportion of the population selected for observation and analysis while sampling is taking any portion of the population from the universe as representative of that population. The use of a sample made it easier and economical for the study as less time was spent on the research. The researcher used non probability sampling in order to gain insight into the problem.

3.5.1 Sampling of termini

The researcher focused on matatu workers in Limuru , Karuri, Rwaka, Raini and Gachie termini. In each termini the researcher, served the matatu workers with 20 questionnaires. Some of the questions were answered while a few were left out.

3.5.2 Matatu workers

For the respondents the researcher used purposive sampling method. This is because this topic is sensitive and many matatu workers may shy off to be associated with drugs and substance abuse. About 100 respondents were served with the questionnaire.

3.5.3The key informants

Key informants were purposively selected and they included 3 village elders, 2 church elders, 2 chiefs, 4 teacher, 2 youths, 3 chiefs and 3 traffic police officers. The chiefs comprised of the two locations in Kiambaa constituency, Karuri and Kihara. Each of the teachers were from Karuri primary, Karuri secondary Kanunga boys high and Kibathi primary school. The traffic police officers were from Karuri police station.

3.6 Data Collection

The data from the youth was collected through a questionnaire which contained closed and open ended questions (semi structured) The open ended questions enabled the researcher to capture the respondents' personal view which proved difficult to capture when using closed ended questions.

The researcher used unstructured interview in order to collect data from parents, teachers, chief, church leaders and also the police. According to Singleton et al (1988) “the interviewer is free to adopt the interview in order to capture the special knowledge and experience of the respondents”.

The direct observation method was also used. The researcher was made general observations on the matatu workers in Kiambu County. Koul (1992:168) says that observation is the process in which one or more person observes what is occurring in some real life situations. These observations are then recorded according to some planned scheme. In this research, the researcher made a general observation of the matatu workers in Kiambaa.

3.7 Data Analysis

After fieldwork, the data was edited, coded then entered into the software for processing using SPSS (Statistical Package for Social Sciences) Descriptive and inferential statistics were used to analyze information generated from respondent. By use of percentage, frequency distribution, tables and charts, the researcher categorized variables. According to (Baker, 1988) descriptive statistics refer to “Simple Statistical methods which do not support or falsify a relationship but help in the description of the data”. Inferential statistics involve making generalizations, predictions or conclusions about characteristics of population based on characteristics of samples from population.

3.8 Challenges encountered in the field

To be able to collect data from the field, the researcher encountered difficulties when interviewing the matatu workers. The researcher had to interpret in English the language spoken which was mostly sheng and Kiswahili. The researcher had to interpret in English.

Majority of the matatu workers gave the researcher a hard time for the refused to answer the questionnaire. They insisted that it was a ploy to make them jailed and therefore a lot of convincing had to be done.

The researcher was sometimes ignored by the matatu workers and a bit of insults would be directed. This made it difficult when collecting data from the same person.

The researcher had to make a lot of movement and sometimes would trek distances to access the key informants just to arrive and bounce. Another challenge experienced was shyness by the respondents. The fact that the researcher was dealing with a very sensitive issue and owing to the fact that this was a “mungiki” zone the illicit gang as referred by the Government.

CHAPTER FOUR

DATA PRESENTATION AND INTERPRETATION

4.0 Introduction

This chapter presents data gathered in this study. The information is on effects of drug abuse by the Matatu workers of Kiambu country. The researcher interviewed 100 respondents. The key informants were purposively selected comprising of 3 village elders, 2 church elders, 2 chiefs, 4 teachers, 2 youths and 3 traffic police officers.

Descriptive techniques were used to organize, summarize and interpret the information. Data was then presented in the form of frequency tables, pie charts and bar graphs. Qualitative data generated from the key informants were presented in form of quotations.

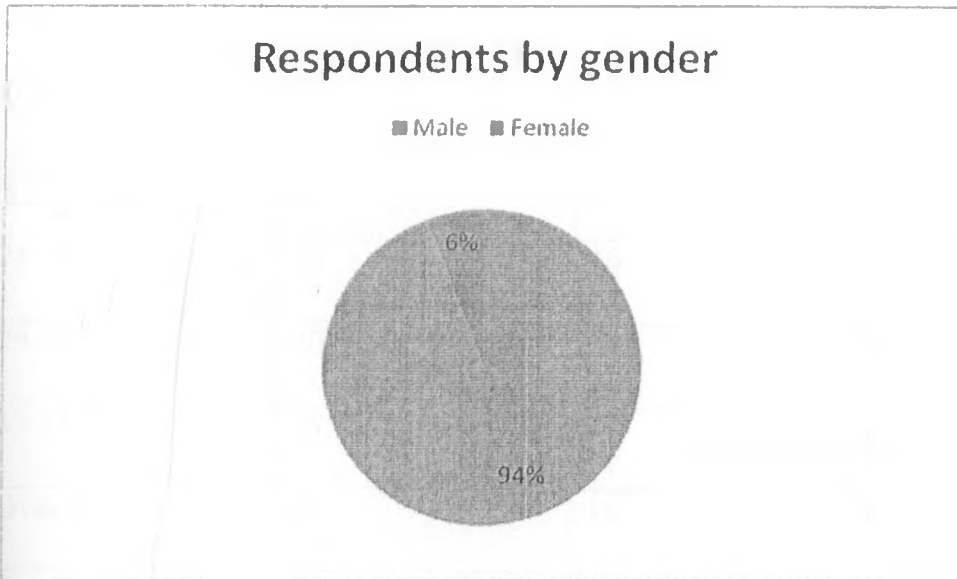
4.2 Characteristics of the Respondents

The first objective of this study was: "To identify characteristics of matatu workers who abuse drugs" The characteristics were gender, age, marital status, level of education, and occupation. This helped shed light on the characteristics of the matatu workers in Kiambaa.

4.2.1 Gender of the matatu workers interviewed

6% were women and 94% of the rest were male. This was attributed to the fact that matatu business for a long time has been seen to be a man's job, Women have been regarded to be very vulnerable and therefore their work was to stay back home and take care of the children. This is presented in the pie chart 1 overleaf:

Figure 1: Gender of the respondents



Age distribution in years

The data was also analyzed in terms of the age of the respondents. The age of the target population is important because it is an indication of the societal expectations of that age group. In this case, the researcher targeted the matatu workers of 21-35 years. This age bracket is referred to as the youth.

The age of a target population is important in that it determines the social expectations of that particular age group. In this age group, the youth are expected to be responsible people with families and other responsibilities in the society. It is a stage of productivity and this is why they are working in the matatu industry as matatu workers.

Table 1: Age distribution in years

| Age in years | Numbers | Percent |
|--------------|---------|---------|
| Below 21 | 8 | 8 |
| 21-24 | 12 | 12 |
| 25-28 | 16 | 16 |
| 29-32 | 20 | 20 |
| 33-35 | 26 | 26 |
| Over 36 | 18 | 18 |
| Total | 100 | 100 |

From the above table, data collected confirmed that those aged between 21-24 years were 12% , 25-28 years are 18% while age 29-32 years were 28% , and 33 years – 35 years are 34% of the total respondents. The lowest number were matatu touts below 21 years. This shows that the majority of matatu workers are between age 29 to 35 years.

According to the respondents information the researcher concluded that most of the matatus workers between the age of 21-35 years have used drugs of abuse and are still using. This shows the danger because these are the people who are very productive and are planning to have a family while others already have families.

4.2.2 Marital status

The study further sought information on the marital status of the respondents in table 2 and found out that 42% of the respondents were single, 36% were married and the divorced and separated were about 16%. Those that were widowed were 6%. The fact that majority of the workers had

not been able to complete schooling, led them to get into early marriages. This is shown in the table below 2:

According to KDHS (2003), variables such as level of education influence the age at which one marries. Those who drop out of school and primary levels tend to marry at a very tender early. A gain use of drugs of abuse affect the matatu workers, by divorcing and separations while others get widowed because of diseases and brutality towards their spouses.

Table 2: distribution of respondents according to Marital status

| Marital Status | Number | Percent |
|--------------------|--------|---------|
| Single | 42 | 42 |
| Married | 36 | 36 |
| Divorced/separated | 16 | 16 |
| Windowed | 6 | 6 |
| Total | 100 | 100 |

4.2.3 Level of formal education

The study sort to find out the education levels of the respondents. This was done by asking them to state their highest level of education.

Table 3: Level of Education

| Level of education | Number | Percent |
|-------------------------------------|--------|---------|
| Not been to school at all | 1 | 1 |
| Never completed primary education | 26 | 26 |
| Completed primary education | 36 | 36 |
| Never completed secondary education | 14 | 14 |
| Completed secondary education | 21 | 21 |
| College and university | 2 | 2 |
| Total | 100 | 100 |

The study was interested in finding out the education levels of the respondents. This is because education is paramount in social stratification. The respondents were asked to give the highest level of education.

According to the study, 36% of the respondents had completed secondary education, Only 2% had gone through college, and were temporarily helping their parents awaiting to get to another occupation. The study indicated that the low level of education among the matatu workers have hindered their ability to personal development.

The teachers, who were among the key informants, said that “ most of the boys leave school at a very early age and end up as touts in the matatu business”. This tells us why majority of them speak vulgar language, peer pressure etc. According to the studies 63% have not been able to access secondary school education. This was about two thirds of the respondents.

It was clear that 21% of the matatu workers had gone through secondary education and only 2% had managed to get to college. Those that had KCPE certificates were only 36%. This shows most of them had not gone through secondary education.

4.3 Type of drugs

The second objective of this study was: To establish the types of drugs abused by matatu workers

The most commonly used drugs were, alcohol followed by Miraa and then tobacco. The researcher concluded that in this area, the common drugs of abuse are alcohol, Tobacco and Miraa. This is shown in table 4 below

Table 4: Types of Drugs reported by the respondents

| Types of Drugs | Number | Percent |
|--------------------|--------|---------|
| Alcohol | 31 | 31 |
| Marijuana | 13 | 13 |
| Miraa | 26 | 26 |
| Tabacco /cigarette | 25 | 25 |
| Cocaine | 05 | 05 |
| Total | 100 | 100 |

Majority of the respondents admitted that they take drugs. Alcohol used by 31% while miraa was consumed by 26%. Tobacco which includes cigarettes was taken by 25% of the respondents. The least used drug was cocaine which was reported to have been used by 5 percent of the respondents.

According to the table, the researcher concluded that the most available drug of abuse was alcohol because it was used by a large percentage of the respondents. This could be attributed to the fact that alcohol is of different qualities and some brands are of low quality and cheap. The second drug of abuse was miraa which was readily available and seems to be accepted in Kenya as an export commodity. The matatu workers believe that miraa helps them to remain awake and alert and therefore they keep on chewing as they drive. 13% of the matatu workers used marijuana together with the cigarettes. Majority said they wanted to remain 'high'. This was an indication that they wanted to forget their problems and sufferings.

4.4 Levels of drug use

The third objective of the study was: To investigate the level of drug abuse by matatu workers

The below table shows that 60% of the respondents admitted that they were excessively involved in drugs. This was actually referred to as a problem because it involves the individuals, family, workmates and society at large. 25.7% admit that they use drugs moderately while 14.3% admit using very little drugs. However, this may not reflect the true picture because the researcher realized that the respondents were reserved when answering such questions.

Table 5: Level of drug use.

| Valid | Number | Percent |
|-----------|--------|---------|
| Excessive | 60 | 60.0 |
| Moderate | 25 | 25.7 |
| Low | 15 | 14.3 |
| Total | 100 | 100 |

A traffic police officer who was a key informant had this to say. "These young men die at very early age because of drug misuse: last week two young men of about 23 and 27 years were brought to the station having very bad wounds. The young men had been stabbed and were profusely bleeding after a raw in a drinking spree". He also mentioned other cases such as "A woman was found in the house dead having been killed by her husband after a quarrel. The woman was an ugly sight for her throat was cut open and private parts mutilated" This shows the dangers of drug misuse in matatu industry. Those who use drugs excessively are the addicts and are capable of doing any crime to acquire the drugs.

4.5 Effect of Drugs

It was important to find out the effects of drug use by matatu workers. This was because besides the health problems associated with drug misuse there are social aspects of the problems. (Tibamanya, 1993)

When the respondents were asked about the effect of drug misuse on their lives, majority said that their lives were disorganized. In many ways while others said “ that they felt stressed all the time while others showed concern that as they were driving sometimes they would not concentrate. This was very worrying considering the fact that the lives of the passengers was also in dangers. Majority confessed to be disorganized even at home and about 10% said they felt stressed.

Table 6: Effects of drug.

| Personal lives | Number | Percent |
|------------------|--------|---------|
| Disorganization | 24 | 24 |
| Became poor | 16 | 16 |
| Became miserable | 16 | 16 |
| Diseases | 18 | 18 |
| Crime | 7 | 7 |
| Prostitution | 5 | 5 |
| Dropouts | 4 | 4 |
| Missing | 10 | 10 |
| Total | 100 | 100 |

The above table shows that majority of the respondents admitted that they are disorganized as a result of drug misuse (24 percent). About 16 percent said they become poor as a result of misusing drugs. Whatever they earn end up in buying miraa, alcohol, cigarettes and marijuana others said that they felt miserable after the intake of drugs. about 18% percent of the respondents said they fell sick as a result of using drugs.and therefore un productive while 7% admitted having engaged in criminal activities and others have mixed drugs with prostitution. The table shows the many negative effects of drug abuse in the respondent's lives. One key informant anonymously said that matatu workers are adversely affected by drug abuse. He observed that majority continued abusing drugs because they are already addicts.

Table 7: Feelings when sober

| Feelings | Number | Percent |
|-------------------|--------|---------|
| Boredom/hangover | 25 | 25 |
| Frustration | 18 | 18 |
| Guilt | 10 | 10 |
| Negative thoughts | 7 | 7 |
| Feeling fine | 5 | 5 |
| Missing cases | 35 | 35 |
| Total | 100 | 100 |

Table 7 captures the feelings of the youth when they have not used the drugs. About 25 percent claimed they felt bored and suffered from hangover. Those who felt frustrated were 27.7%, 15% suffered guilt, those who had negative thoughts were 10% but 7 % said that they felt fine. This shows that the workers sampled do not only suffer physically, but also psychologically and emotionally.

This is what some of the workers had to say “ I would like to stop using these drugs but whenever I try, I find myself feeling bad all over such that I have to go back to them” It is therefore important to find out what can be done to such a problem. The data collected shows that nearly all the respondents admitted that they have actually made an attempt to stop drinking. They said that they felt very bad when sober but due to the nature of their addiction, they were unable to stop.

The study also sought to find out the effects of drug abuse on family and friends. This is because the workers do not live in isolation and therefore the behavior affects others. There has been great concern on fights between husbands and wives, which means frequent use of violence by one spouse, against another (Tibamanya, 1988).

Table 8 shows that family and friends are affected by the Matatu workers drug use. About 28% of the respondents said that when they used drugs, they frustrated their families. About 24 percent claimed that after using drugs, they kept on insulting and abusing their friends and families. Nearly 16 percent of the respondents said that all the time, they were broken as a result of buying drugs and using with the peer group. While 29.9% of the respondents said they quarreled with friends and family over trivial matters when they had drug.

Table 8: Effects of drug use on family and friends.

| | Number | Percent |
|-------------------|--------|---------|
| Frustration | 27 | 27 |
| Insults and abuse | 23 | 23 |
| Lack of focus | 3 | 3 |
| Lack of finances | 15 | 15 |
| Quarrels | 29 | 29 |
| Missing | 3 | 3 |
| Total | 100 | 100 |

The friends and family are the ones who caution the matatu workers who are the youth from using these drugs. They therefore appear to be hostile as they try to discourage them from drugs. This is an indication that drug abuse is a threat to the family unit (Tibamanya, 1993), which is the foundation of every society. The second relations are affected in a negative manner.

Table 9 presents respondents perception of seriousness of the problem of drug abuse. About 89% of the respondents said that drug abuse problem is very serious, 5% said it was serious. 2% saw it as moderate while 4% did not see it as a problem.

Table 9: Seriousness of drug abuse among matatu workers.

| | Number | Percent |
|--------------|--------|---------|
| Very serious | 89 | 89 |
| Serious | 5 | 5 |
| Moderate | 2 | 2 |
| Not serious | 4 | 4 |
| Total | 100 | 100 |

This shows clearly that almost all the respondents agreed with the fact that there is a very serious problem of drugs among matatu workers in Kiambu County. It is also important to note that those who take drugs and those who do not, agree unanimously that drug abuse was there and therefore it is important to note that the problem of drug use is very serious among the matatu workers. It is also important to note that matatu workers in this case are the drivers and touts who transport passengers from one destination to another thus posing a lot of danger to the citizens of Kiambu county and Kenya as a whole.

4.6 Measure put in place to stop matatu workers from abusing drugs

There have been several measures put in place to stop matatu workers from abusing drugs. One of them has been arresting the drunken workers. The police officers have an instrument to detect if a matatu worker has taken alcohol while driving and the driver is charged in the court of law.

Other efforts have been made by churches and religious people to encourage the workers to avoid the drug abuse. This is by preaching in churches and public places of dangers of drug use. In places where there is illicit brews such as changaa, the police raid the area and all involved are taken to the court of law.

Unfortunately, there are a lot of problems in curbing this menace of drug use because the stakeholders are not fully committed to it. For example most of the traffic policemen are actually bribed by the matatu workers. Carrying more passengers has become prevalent in the eyes of the law enforcers and nothing seems to be done. There has been various measure taken by stakeholders to stop the matatu workers from misusing drugs. The stakeholders here are the police officers, elders in a community, youth, teachers, chiefs and the church elders.

Table 10: Respondents rating of efforts made by stakeholders to fight drug abuse

| | A great deal% | A lot % | Moderate % | Little % | Non % | Total % |
|--------------------|---------------|---------|------------|----------|-------|---------|
| Chief | 3 | 8 | 16 | 60 | 13 | 100 |
| Police officers | 3 | 11 | 11 | 45 | 30 | 100 |
| Teachers (schools) | 8 | 12 | 30 | 42 | 7 | 100 |
| Village elders | 14 | 15 | 53 | 16 | 2 | 100 |
| Church elders | 12 | 16 | 36 | 22 | 14 | 100 |
| Youth | 9 | 4 | 14 | 40 | 33 | 100 |
| Others | 2 | 3 | 24 | 64 | 7 | 100 |

The table shows the efforts made by stakeholders who are the workers, church elders, police officers chiefs, parents, teachers and others.

Parents, church elders and teachers seem to be rated higher than others in terms of making efforts. The respondents felt that the chief made a little effort of 60%, parent made moderate effort to curb the drug use menace and rated them at 53%. Church elders made moderate effort of 36%. According to the respondents, the teachers made little effort of 42% in order to assist curb the problem of drug and substance abuse.

According to the ratings, the respondents seemed to feel that a lot has not been done and therefore the stakeholders should take up responsibilities in order to help the matatu workers to stop abusing drugs.

4.7 Conclusions

From the above findings, it is clear that drug abuse is a serious problem among matatu workers and the society at large. The most abused drugs include alcohol, marijuana, tobacco and miraa. Drug abuse causes such problems as disorganization, poor concentration, sickness and family breakdown. Efforts such as arresting the involved parties, and counseling by churches have been made to try to curb the problem though such efforts have been stifled.

CHAPTER FIVE.

CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

In this chapter, the summary of findings is presented followed by the conclusions and recommendation.

5.2 Summary of findings

The aim of this study was to establish the level of drug and substance abuse in Kiambu county and to identify its effect on matatu workers. Most of the matatu workers that were interviewed were men aged between 33 and 35 years. Most of the respondents were found to be single, some were married and a few divorced. The study established that most of the matatu workers had only attained primary level of education. It was clear that the majority of matatu workers were excessively involved in abuse of drugs such as alcohol, marijuana, miraa, tobacco and cocaine with alcohol ranking top most as it is considered cheap and readily available.

The study found that drug and substance abuse had negative effects such as disorganization, poverty, feeling miserable, sickness, involvement in crime, prostitution, dropping out of school and family break ups. Some measures have been put in place to combat the problem of drug abuse among the matatu workers. Such measures included arresting of the drug users, having a detective device and counseling by church and religious leaders. However, such measures have encountered setbacks as stakeholders are not fully committed to finding a solution to this menace. Most of the drug users bribe the law enforcers making it difficult to bring to an end the problem of drug and substance abuse.

The study revealed that drug and substance abuse is a menace to the matatu workers. Drug and substance abuse cause addiction, poor health, school dropouts, poor academic performance, family break downs and despites, misuses of resources and lack of focus for future prospects.

The study showed that education levels of matatu workers are low and that there is high poverty levels in the families of matatu workers. The study concluded that there is a great problem of drugs and substance abuse with matatu workers and this confirmed the danger on our roads today. The study findings revealed that drug abuse is a serious problem that needs to be addressed. The respondents comment on whether drug use is a serious problem or not was that the majority said it was and needed to be addressed.

The key informants also agreed that there was a serious problem of drug use among matatu workers. The teachers said that it was so unfortunate that a good number of students drop out of school to either go into scrap metal or matatu business. The traffic policemen said that many of the matatu workers are involved in criminal activities because of drugs.

From the findings, the problem is a serious one in terms of social, health and legal impacts and needs to be addressed with all efforts. The study revealed that effects of drug and substance use on the matatu workers are all negative. More than half of the respondents said that their lives became disorganized, other have suffered broke homes, poverty, family conflict and poor health. Others have lost employment as a result of recklessness. Some respondents claimed that they felt ashamed as a result, suffered guilt and frustration while others had bad thoughts of committing suicide to end it all. The community therefore sees it a serious problems which should be urgently addressed to be able to save the youth from such menace. The stakeholders are very concerned and request for urgent intervention.

It was clear that mitigation measures needed to be put in place to deal with the problem of drug and substance use. The stakeholders said that the police officers should conduct raids in brew dens to scare those who make, sell and rink illicit brews. Some are detailed in police stations while others are taken to court and are fined while others are failed. The respondents said that regular public barazas should be organized by the chiefs as a forum to reach the matatu workers who are the youth.

The respondents said that parents have tried to talk to them about dangers of drugs. The youth are supposed to put in efforts to stop taking drugs but their efforts seems to be very little. In schools, teachers have had some input in trying to instill moral values to the youth by showing them the dangers of immorality. The police have also made efforts to eliminate the abuse of drugs and substance.

However, the research findings indicate that measures have not been effective as anticipated in solving the problem in the matatu industry. The key informants and the respondents reported that the government officers charged with responsibility of implementing police are said to be corrupt. Instead of raiding the brew dens, they are compromised through bribing.

5.3 Recommendations of the study

5.3.1 Policy recommendations

The following are suggestions made to help the matatu workers from taking drugs.

- a. Study recommends that no drinking when driving". The matatu workers should go through checkups to ensure that they are not drunk while driving
- b. The matatu workers to make efforts to stop using drugs for they are detrimental to their health. They should also improve their education level, boost their skills in order to be better in their business. Today there is so many open chances for any body wishing to improve on education levels.
- c. The syllabus should be improved in schools to accommodate topics involving drugs and substance abuse and their dangers. The teachers should also try to be good role models of what they teach. The school environment should be made friendly and conducive for students in order for them the enjoy while in school, this was ensure that there is no dropping out of school
- d. Parent should play the role of consellor to their children in order for them to uphold good moral values from when they are young parents should hold open discussion without reprimanding the youth unnecessarily to avoid stressful situations in homes. The parents should be able to monitor their children, ensure security for their children and be good role models.

5.3.2 Recommendation for further research.

- a. Effects of drug related activities on poverty levels in the community
- b. Instability in families because of drugs and substance use.

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ANNEX I

Topic: Drug abuse by matatu workers and their effects in Kiambaa constituency in Kiambu county, Kenya.

Interview schedule for matatu workers who abuse drugs and key informants.

Introduction

Dear Respondent,

I am a master student in the department of sociology and social work at the University of Nairobi. I am undertaking a research study titled “Drug Abuse by matatu workers. A case study of its effects in Kiambaa constituency in Kiambu county.” I am therefore requesting you to respond to some questions related to the subject based on your knowledge and experience. The information collected was enable the completion and compilation of my Research project at the University towards the award of a Master of Arts degree. All the information gathered from you was remain confidential and your identity was not be disclosed in my report.

Thank you.

ANNEX II

INSTRUCTIONS

The purpose of this research is to find out the level of drugs and the effects on the matatu workers. The information given was be treated with confidentiality and was only be used for the purpose of this research.

Characteristics of drug abuse on matatu workers

Respondent's Background information

1. Respondent's sex: 1. Male 2. Female
2. Age of Respondent in years
 1. 10 – 15
 2. 16 – 21
 3. 22 – 27
 4. 28 – 33
 5. 34 – 39
3. Marital status:
 - a) Single
 - b) Married
 - c) Divorced / Separated
 - d) Widowed
4. Level of Education:
 1. None
 2. Primary
 3. Post primary (1 – 4)
 4. University / college (specify _____)
 5. Other (Specify _____)
5. Respondent's occupation
 - a) Driver
 - b) Tout

6. For how long have you worked in matatu business
 - a) Below 5 years
 - b) 10 years
 - c) Above 10 years

7. Previous occupation

All the questions that follow are to be posed to the respondents who are matatu workers. For the key informants, the researcher was select only the relevant questions and pose to them.

Questions on the types of drugs abused by youth in Kiambaa constituency in Kiambu County.

Types of drugs

8. (i) Would you say there is drug use among the matatu workers of Kiamba constituency?
 1. Yes
 2. No
- (ii) Are the following drugs used? If Yes, Tick one of the following codes for your answer from the least to the commonly used 1. High 2. Average 3. Low

| | | | | |
|-----|------------------------------|---|---|---|
| (a) | Depressants | | | |
| | 1. Alcohol | 1 | 2 | 3 |
| (b) | Tobacco including cigarettes | 1 | 2 | 3 |
| (c) | Narcotic drugs | | | |
| | 1. Opium | 1 | 2 | 3 |
| | 2. Heroine | 1 | 2 | 3 |
| (d) | Cannabis sativa | | | |
| | 1. Bhang | 1 | 2 | 3 |
| | 2. Hashish | 1 | 2 | 3 |
| (e) | Stimulants | | | |
| | 1. Cocaine | 1 | 2 | 3 |
| | 2. Miraa | 1 | 2 | 3 |

Have you ever used any of the above drugs? Yes, No

If yes, which one _____

Based on your knowledge and experience, please list down the drugs most abused by youth in Kiambaa constituency in Kiambu county starting with the most abused drug?

9. Would you say there is abuse of drugs among matatu workers .

Yes [] No []

- a) If yes list down the types that are commonly abused
- b) Have you ever abused drugs Yes [] No []
- c) If yes list down the drugs that you have abused starting with the highest to the lowest

Drug use

10. How often is your use of drug or drugs?

- 1. High
- 2. Average
- 3. Low

11. Are you happy to be associated with others who use drug as excessively?

Yes No

12. How old were you when you started using drugs?

- i) Below 15 years
- ii) Between 15-20 years
- iii) Above 21 years

Effects of drug use

13. (a) Do you agree that drug use has negative effects? 1 Yes 2. No 3. I don't know

(b) If yes, please list down some of the negative effects?

14. Please tick below some of the effects you experience after drug use

- a) Stress
- b) Laziness
- c) Drowsiness
- d) Lack of concentration

15. Would you say that the following environmental factors influenced you into using drugs?

1. Minimal 2. Moderate 3. Average 4. Above average

| | | | | | |
|----|-----------------------------------|---|---|---|---|
| 1. | Parental drug use behaviour | 1 | 2 | 3 | 4 |
| 2. | Peer pressure | 1 | 2 | 3 | 4 |
| 3. | Search for identify and discovery | 1 | 2 | 3 | 4 |
| 4. | And drug abuse behaviour | 1 | 2 | 3 | 4 |

Please provide some explanations for your answers indicated above.

16. Would you say that the effects of drug abuse on matatu workers affect your work

1. Yes 2. No 3. I don't know

17. Do you think that the effects of drug use lead to broken families 1. Yes 2. No 3. I don't know.

18. Would you say that the effects of drug use affect you in the following? Tick any of the three 1. High 2. Average 3. Low

- | | | | | |
|----|--------------------|---|---|---|
| 1. | Financially | 1 | 2 | 3 |
| 2. | Cause of accidents | 1 | 2 | 3 |
| 3. | Poverty | 1 | 2 | 3 |
| 4. | Broken families | 1 | 2 | 3 |
| 5. | Diseases | 1 | 2 | 3 |

Please give any other relevant comment or suggestions on the subject of effects of drug abuse.

Thank you.

Key informants

1. For how long have you been working here?
2. What are some of the problems you experience concerning drug use in this area?

Chiefs

3. What are some of the most common mis-behaviour that you tackle concerning drug use?
4. Is there very high crime rate due to drug intake in this region?
5. In your opinion what do you think is the reason for drug use by matatu workers?
6. What is the most common age group caught in drug use?

Traffic police

7. Do you think road accidents are as a result of by the matatu workers?
8. Do you experience cases of over speeding by the drivers due to drug use?
9. In your opinion what do you think is the reason for drug use by matatu workers?
10. What is the most common age group caught in drug use in matatu industry?

Teachers

11. Do you have experience of learners who use drugs in school? If yes, what are their behaviours in the class?
12. Do majority of students do the final examination?
13. Do you find some of your students in matatu business?
14. Are they those who are using drugs in school?

Youth

15. What is the most common reason why young people use drugs in matatu work?
16. Do you think it is as a result of frustrations at home or harassment by the traffic policemen?
If yes, what should be the measures?
17. In your opinion, what can be done to help in this situation?
18. In your opinion, do you think that peer pressure has a hand in it?

Church elders/ village elders

19. What do you think is the reason why matatu workers abuse drugs?
20. What steps do you take to ensure that they stop misusing drugs?
21. What are the dangers that arise in the community as a result of drug misuse?

ANNEX III

Project implementation schedule.

| | April 2010 | May | June | July | August | September | Oct & Nov |
|---------------------------|---------------|---------|---------|---------|---------|-----------|--------------|
| Activity/ week | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4 |
| Project revision 1 | | | | | | | |
| Project revision 2 | | | | | | | |
| Project revision 3 | | | | | | | |
| Questionnaire development | | | | | | | |
| Data collection | | | | | | | |
| Analysis and conclusion | | | | | | | |
| Final revision | | | | | | | |
| Binding and filling | | | | | | | |
| | | | | | | | |