

DETERMINANTS OF DRUG ABUSE AMONG SECONDARY SCHOOL STUDENTS IN KENYA. ACASE OF KABUCHAI SUB COUNTY.

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DECLARATION

This research project is my original work and has not been submitted for any award in any university.

Sign.....

Date.....

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This research project has been submitted for examination with my approval as University supervisors

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DEDICATION

I dedicate this project to my mother Mrs. Violet Mukhandia and my wife Catherine Nabangi for their tireless efforts in my upbringing.

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TABLE OF CONTENTS

	PAGE
DECLARATION.....	ii
DEDICATION	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENT.....	v
LIST OF FIGURES.....	viii
LIST OF TABLES	ix
LIST OF ABBREVIATION AND ACRONYMS.....	x
ABSTRACT.....	xi
CHAPTER ONE :INTRODUCTION	1
1.1 Background Information.....	1
1.2 Statement of the Problem.....	3
1.3 Purpose of the Study.....	4
1.4 Objectives of the Study.....	4
1.5 Research Questions.....	5
1.6 Significance of the study.....	5
1.7 Delimitation the of study.....	5
1.8 Limitations of the study.....	5
1.9 Assumptions of the study.....	6
1.10 Operational definition of key terms.....	6
1.11Organization of the Study.....	7
CHAPTER TWO: LITERATURE REVIEW	8
2.1 Introduction.....	8

2.2 Home factors and drug use among students in secondary schools.....	8
2.3 School factors and drug use among students in secondary schools.....	11
2.4 Individual factors and drug use among students in secondary schools.....	12
2.5 Access to drugs and drug use among students in secondary schools.....	15
2.6 Theoretical Framework.....	17
2.7 Conceptual Framework.....	18
2.8 Knowledge Gap.....	20
CHAPTER THREE: RESEARCH METHODOLOGY.....	22
3.1 Introduction.....	22
3.2 Research Design.....	22
3.3 Target Population of Study.....	22
3.4 Sampling Procedure and Sample Size.....	23
3.5 Instrumentation.....	23
3.5.1 Piloting.....	23
3.5.2 Validity.....	24
3.5.3 Reliability.....	24
3.6 Data Collection Procedures.....	25
3.7 Data Analysis.....	25
3.8 Ethical Considerations.....	25
3.9 Operational Definition of Variables.....	26
CHAPTER FOUR: DATA ANALYSIS, PRESENTATION AND INTERPRETATION.....	28
4.1 Introduction.....	28
4.2 Response Return Rate.....	28
4.3 Demographic Characteristics.....	28
4.3.1 Gender of the respondents.....	28

4.3.2 Age of respondents	29
4.3.4 Home County	30
4.4 Home factors and drug use among students in secondary schools.....	30
4.4.1 Parenting.....	31
4.4.2 Peerpressure.....	32
4.4.3 Cultural practice.....	32
4.4.4 Social Economic factors.....	33
4.5 School factors and drug abuse among secondary school students.....	35
4.5.1 Pressure of work.....	36
4.5.2 Leadership style.....	37
4.5.3 Academic Performance.....	37
4.6 Individual factors and drug use among students in secondary schools.....	38
4.6.1 Individual factor.....	39
4.7 Access factors and drug use among students in secondary schools.....	39
4.7.1 access factors.....	41
CHAPTER FIVE:SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION.....	44
5.1 Introduction.....	44
5.2 Summary of findings.....	44
5.3 Conclusion.....	44
5.4 Recommendations.....	45
5.5 Areas for further study.....	446
REFERENCES	46
APPENDICES 53APPENDIX I: Transmittal Letter.....	54
APPENDIX II: RESEARCH PERMIT.....	55
APPENDIX III: STUDENTS’ QUESTIONNAIRE (SQ).....	56

LIST OF FIGURES

Fig. 1: Conceptual Framework	21
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LIST OF TABLES

Table 3.2.Operational Definition of Variables	28
Table 4.1 Response Return Rate.....	29
Table 4.2 Gender of respondents.....	30
Table 4.3 Age of respondents.....	30
Table 4.4 Home County.....	31
Table 4.5 Parenting guidance.....	31
Table 4.6 Peer pressure.....	32
Table 4.7 Cultural practice and drug use among students	33
Table 4.8 Socio-economic factor.....	33
Table 4.9 Pressure of work	36
Table 4.10 Leadership style.....	37
Table 4.11 Academic performance	37
Table 4.12 Individual factors.....	39
Table 4.13 Access factors	41

LIST OF ABBREVIATIONS AND ACRONYMS

ADA-	Alcohol and Drug Abuse
AIDS-	Acquired Immunodeficiency Syndrome
DEO -	District Education Officer
HIV -	Human Immunodeficiency Virus
KDTTC -	Kibabii Diploma Teachers Training School
MoE -	Ministry of Education
NACADA -	National Campaign against Alcohol and Drug Abuse
NCST -	National Council of Science and Technology
SPSS -	Statistical Packages for Social Science
UK -	United Kingdom
UNDCP-	United Nation Drug Control Programme
WHO -	World Health Organization
SLT -	Social Learning Theory
PTSD-	Post-Traumatic Stress Disorder
FAQ-	Frequently Asked Questions
ESU -	Early substance Use
Q&A-	Questions and Answers

ABSTRACT

Drug Abuse is turning into a nightmare, that the authorities cannot contain with alcohol, tobacco, *miraa* and cannabis being the most prevalent, other more addictive drugs such as cocaine and heroin are being introduced and taking root into this trend. The trend seems to suggest that students use drugs other than for medical use. The purpose of the study was to assess the determinants of drug abuse among secondary school students in Kenya. A case of Kabuchai sub county Sub County, with the aim of suggesting extra corrective measures to the vice. Descriptive survey research design was used in conducting this study. The target population for the study was 1,460 students in 12 secondary Schools in the Sub County. A sample size of 146 students (10% of the population), with 75 boys and 62 girl students was selected from the 12 Schools that were selected using purposive sampling .Then using simple random sampling equal number of girls and boys were selected from each School. A student's questionnaire was used to collect data. The element of reliability of the measuring instrument was determined using test retest method. Data was analyzed using descriptive statistics such as frequency, percentages and mean values. The study findings were interpreted and discussed. The findings were presented using frequency distribution tables. The show that majority of respondents indicated that most parents are poor role model to their children, also the peer pressure plays a big influence to drug use among the students. Majority of the respondents also agreed that socio-economic factors and cultural practiced determines highly the use of drugs in our secondary school. The study recommends that the parents should have good parenting to their children. It also reminds that sensitization should be done adequately especially through posters in that connection strict policies should be designed to guide drug use. It goes ahead to recommend further studies that should be carried out in areas to improve these findings.

CHAPTER ONE

INTRODUCTION

1.1 Background Information

The issue of drug abuse is a major headache to societies and authorities from the world all over. Over the past two decades, the use of illegal drugs and misuse of therapeutic drugs have spread at an unprecedented rate and have penetrated every part of the globe. No nation has been spared from the devastating problem caused by drug abuse. At the same time, broad spectrum of the world community has demonstrated intense concern over the problem Kerachio (1994). Alcohol consumption is the world's third largest risk factor for disease and disability. Almost 4% of all deaths worldwide are attributed to alcohol, greater than deaths caused by HIV/AIDS, violence or tuberculosis (Kariuki, Oteyo & Kamandari, 2013). Alcohol and drug abuse has permeated all sectors of society and does not discriminate in respect of age, sex, creed or socio-economic status (Kibaara,(2012). Drugs destroy lives and communities, undermine sustainable human development and generate crime. According to the World Drug Report (2005), the use of illicit drugs has increased throughout the world in recent years. The report further states that a major world trend is the increasing availability of many kinds of drugs to an ever widening socio-economic spectrum of consumers.

In China it was reported that drug use is going up while the age of new users is going down. A study in the United States of America revealed that excessive drug use rate among high school students and young adults increase with age at a prevalence rate of 19.6% between the ages of 18-20 years and this happens to be the age of School going students Kwamanga, *et al.*, (2003) .In Britain; cross-sectional studies have shown that at least 40% of high school students aged 15- 16 years have used drugs (Millar and Plant, 2006). Therefore these imply that most students who are in secondary school are victims of drug abuse in the Europe.

In Nigeria, studies have shown that there is considerable prevalence of drugs and substances use; with varying prevalence rates found for both overall and specific drug abuse (Abdulkarim, Mokuolu & Adeniyi, 2005). Fafunwa, (1971) notes that in Nigeria acts of indiscipline among students is blamed on use and abuse of drugs. The acts of indiscipline that occurred among students of Kily's School in Lagos were blamed on drugs. In Zimbabwe, a presidential Commission of inquiry into education and training was set up in 1998. The findings of the commission showed that lack of morals and deteriorating learning standards and strikes in Zimbabwe schools were caused by drug abuse by students (Daily Nation, July, 2003). Drug abuse behavior and its effects on students, whose prevalence is going to be assessed in this study, is a worldwide problem with no exception of Kenyan secondary school students. Substance use among School students predicts substance related problems in present and later life. Drug and substance abuse is rampant and on the rise, among School students with alcohol being the most abused mind altering substance (NACADA, 2012). Ndirangu (2000) cautions that drug abuse cannot be washed away or ignored as the infected and affected live the burden of wrecked lives. It is a problem which affects all parents, students, lecturers, government officials, tax payers and workers. In the last ten years there has been an increase of alcohol use, which has negatively affected the student potential and moral values (Rono, 2004).

A study undertaken by the Child Welfare Association revealed that one in every 15 Kenyan students is abusing bhang or hashish and more than a fifth (22.7%) of primary school children take alcohol, and also a figure that rises to more than three-quarters (68%) of the students at the university or other tertiary learning institutions in Kenya (Siringi and Waihenya, 2001). Therefore, a large number of students across all age groups have been exposed to alcohol, tobacco, *miraa (khat)*, glue sniffing, bhang (marijuana) and even hard drugs such as heroin and cocaine. A study by Siringi & Waihenya (2001) showed that that, 22% or 400 000 of secondary school students in Kenya are on drugs of which, 16 000 are girls and the rest are boys. This is the group that graduates to Schools and we expect them to have the same problem and even worse in training Schools because they have had more exposure to drugs.

Various factors are associated with drug abuse; they include individual predispositions, family characteristics and complex social and environmental determinants Rice,(1981). Shoemaker (1984) observes that drug abuse is caused by a

combination of environmental, biological, and psychological factors. The most influential environmental factors are the family, peer association, school performance and social class membership. Other factors influencing students to drug use have been identified as parental influence: children from homes where parents take drugs tend to imitate their parents' behavior and by modeling them also start using drugs Ngesu, Ndiku and Masese, (2008). According to Adelekan, Makanjuola, Ndom, Fayeye, Adegoke and Amusan (2005) students may start using illegal drugs because the drugs are easily available in and around their schools. School related factors can also influence students to drug use as by Ngesu *et al.*, (2008). How the school administration manages student affairs may lead to drug abuse. High handedness, lack of freedom and failure to address their grievances creates stress which can lead to abuse of drugs as depressors Kingala, (2000).

Drug menace has strangled students reducing them to dummies, zombies and drooling figures as well as wasting their lives at the age which they are most needed in the society (Ngesu, Ndiku and Masese, 2008). Most studies find high rates of substance use among school-children, suggesting that the rates would continue to rise among students in institutions of higher learning. Kuria found alcohol use prevalence rates of up to 15% among boarding secondary school students, while Kwamanga *et al* (2003) found lifetime cigarette smoking rates of 32%. In a study among primary school pupils in Kenya, Ogwell et al found a lifetime cigarette smoking rate of 31%. Among the very few similar studies from African countries other than Kenya, a South African study found an alcohol use prevalence rate of 39.1% and a cigarette use prevalence rate of 10.6% among high school adolescents. It is against this background that the current study on the determinants of drug abuse among secondary schools students in Kabuchai Sub County to determine the extent of the problem and develop ways of addressing it.

1.2 Statement of the Problem

Drug Abuse is turning into a nightmare, that the authorities cannot contain with alcohol, tobacco, *miraa* and cannabis being the most prevalent, other more addictive drugs such as cocaine and heroin are being introduced and taking root into this trend. The government of Kenya has put a lot of effort through heightened campaigns

against the vice but, there exists a parallel accelerated rate of students who are drug users. Students are expected to be aware of the effects of drug abuse and commit themselves to their studies. (Rono, 2004).

One of the most highly abused substances among secondary school students in Kabuchai Sub County is alcohol. Secondary school students engage in drinking, a pattern of drinking that elevates the blood alcohol concentration more than adults do. This leads to risky and potentially harmful behaviors, and many times substance abuse co-occurs with mental health disorders (Bungoma Chapter USAID report, 2013). The academic performance of 2013 in Kabuchai Sub County was lower compared to other sub county which may have attributed to drug abuse (county directors of education report, 2013).

Drug abuse and problematic patterns of drug use among students leads to problems at school, cause or aggravate physical and mental health-related issues, promote poor peer relationships, and place stress on the family. They also develop into lifelong issues such as substance dependence, chronic health problems, social and financial consequences. Recurrent substance use results in failure to fulfill major responsibilities at school such as repeated absences, suspension, and expulsion. Child-serving systems need to intervene early in the lives of youth to prevent or treat abuse, support young people, and provide them with the tools to choose the right path.

1.3 Purpose of the Study

The overall purpose of this study was to assess the determinants of drug abuse among secondary schools students in Kabuchai Sub County.

1.4 Objectives of the Study

The following specific objectives were used in the study:

1. To determine how home factors influence drug use among students in secondary schools in Kabuchai Sub County.
2. To determine how school factors influence drug use among students in secondary schools in Kabuchai Sub County
3. To determine how individual factors influence drug use among students in secondary schools in Kabuchai Sub County.

4. To determine how access to drugs influence drug use among students in secondary schools in Kabuchai Sub County.

1.5 Research Questions

The Study aimed at answering the following research questions.

1. .To what extent does home factors influence drug use among students in secondary schools in Kabuchai Sub County?
2. To assess how school factors influence drug use among students in secondary schools in Kabuchai Sub County?
3. To what extent do individual factors influence drug use among students in secondary schools in Kabuchai Sub County?
4. To what extent does access to drugs influence drug use among students in secondary schools in Kabuchai Sub County?

1.6 Significance of the study

It was hoped that the study would be significant as it was expected to contribute to the advancement of knowledge about the determinants of drug abuse among secondary school students. The study was hoped to be of immediate benefit to the Ministry of Education (MOE) to better understand the current situation of drug abuse in secondary Schools and accordingly to help develop programmes to address the factors that contribute to drug abuse.

1.7 Delimitation the of study

The study focused on the current trend of drug abuse among secondary school students in Kabuchai sub County and analyzed the strategies would be used to address the problem. Only public secondary schools in the Kabuchai sub County of Bungoma County were included in the study.

1.8 Limitations of the study

As a part time student who needed to balance the studies with full time employment, the researcher was limited by inadequate time to undertake an extensive and exhaustive research limiting the researcher to a small sample and less research time. The researcher was a self-sponsored student relying on savings to progress his studies and therefore was limited by financial resources. The researcher also anticipated

challenges during data collection where some respondents gave non required information. The researcher however worked at winning the confidence of those involved in the study by giving them the reasons for the research and assuring them of confidentiality.

1.9 Assumptions of the study

The following assumptions were applied to this study: Information given by the respondents in their respective questionnaires was genuine indicators of prevalence and impact of drug abuse on academic achievements.

1.10 Operational definition of key terms

Drug: Any product other than food or water that affects the way people feel, think, see, and behave. It is a substance that due to its chemical nature affects physical, mental and emotional functioning. It enters the body through chewing, inhaling, smoking, drinking, rubbing on the skin or injection.

Drug abuse: Use of drugs for purposes other than medical reasons. It refers to misuse of any psychotropic substances resulting in changes in bodily functions, thus affecting the individual in a negative way socially, cognitively or physically. Social effects may be reflected in an individual's enhanced tendency to engage in conflicts with friends, teachers, and school authorities.

Drug addiction: Addiction to drugs or alcohol means that a person's body can no longer function without these substances. The addictive substances usually have negative effects, for example, they can alter mental state and behavior to a point where the individual becomes a threat to himself and others. Once a person becomes addicted, it is hard to stop using drugs.

Drug policy: A brief statement outlining a schools stand or position on procedures for dealing with drug-related issues. It may be reflected in the school rules and guidelines, and is also often a reflection of the laws of Kenya. In Kenya, drug trafficking and abuse is considered a criminal offence under the Narcotics Drugs and Psychotropic Substances Control Act of 1994.

Intervention: Attempts to help drug users to positively modify their behavior and change their attitude towards misuse of drugs. It also includes activities and programmes put in place to address drug abuse.

Psychoactive Substance: Refers to any substance that when taken by a person can modify perception, mood, cognition, behavior, or motor functions (WHO, 2000)

Spirituality: One's relationship to God or whatever you perceive to be Ultimate Transcendence.

Strategies: This term refers to the methods or approaches that schools have put in place to address drug related problems in the institutions. They are also measures that have been put in place by the Kenyan schools with the aim of curbing drug abuse and controlling its negative effects

Youth: Refers to young people between 13 and 25 years or their activities and their characteristics. The majority of students in Kenyan secondary schools are between 13 and 19 years, a stage referred to as adolescence. The term youth therefore includes this age bracket of students.

1.11 Organization of the Study

This study was divided into five chapters as follows: Chapter one gave the background of the study and introduced the problem statement describing the specific problem addressed in the study, as well as the purpose, objectives and research questions that the study answered. Chapter two presented a review of literature and relevant research associated with the problem that was addressed in the study, giving theoretical foundations of the study and conceptual framework. Chapter three presented the research methodology which includes target population, sample size, sampling procedure, data collection instrument, validity and reliability of instruments, ethical consideration and operational definition of variables Chapter four dealt with data analysis, Presentation, discussion and interpretation which involves Questionnaire return rate, demographic characteristics, gender of respondents, age of respondents, home county and interpretations while Chapter five presented a summary of the findings, conclusions, discussions and recommendation.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

The chapter determines: how home factors, school factors, individual factors and access factors determine drug abuse among students in secondary students It also has theoretical framework, conceptual framework and finally the knowledge gap.

2.2 Home factors and drug use among students in secondary schools

If drug availability, drug trafficking patterns, cultural beliefs on drug use is generally tolerated; it becomes a risk that can influence young people to start to abuse drugs as shown by Otieno and Ofulla (2009) survey in Kisumu town, Kenya. Drug abuse can be influential especially where they are offered, such as parks, streets, schools, homes, or parties. Students staying in towns are also reported to have a twofold risk of having tasted alcohol, tobacco, miraa (khat), bhang and inhalants (glue) compared to those in rural areas (Otieno and Ofulla, 2009). The survey demonstrated that the youth in the urban areas, due to their lifestyles, are more predisposed to drugs compared to those in rural areas due to easy drugs availability in urban as opposed to the availability in rural areas (Otieno and Ofulla, 2009).

Previous research has shown that there are various possible factors that could determine the probability of drug use among students. Environmental factors in the students' life such as student abuse, exposure to drugs, and lack of supervision, media influence, and peer pressure play role in use of drugs by students. Internal factors that are within the student or part of their personalities such as self-esteem, poor social skills, attitudes about drugs, and many others also play a role in the use of drugs by students as by Lukoye *et al.*, (2011).

Drug abuse has serious consequences in our homes, schools, and communities (Elizabeth, Susan and Suman, 2003). From a USA: National Institute on Drug Abuse NIDA's perspective, the use of all illicit drugs and the inappropriate use of licit drugs are considered drug abuse Elizabeth *et al.*,(2003). Children's earliest interactions occur within the family and can be positive or negative. For this reason, risk factors to taking drugs that affect early development in the family are probably the most crucial. One fashion of explanation as to why individuals first become involved with drugs and then escalate to abuse is a biological cause, like having a family history of illicit

drug use, which may genetically predispose a person to drug abuse. Children are more likely to start abusing drugs in a family if there is: lack of mutual attachment and nurturing by parents or caregivers; ineffective parenting; a chaotic home environment; lack of a significant relationship with a caring adult; and a caregiver who abuses substances, suffers from mental illness, or engages in criminal behavior (Elizabeth, *et al.*, (2003). The abuse of drugs and other substances by parents and other caregivers can impede bonding to the family and threaten feelings of security that children need for healthy development (Gerstein and Green 1993; Kumpfer, Olds, Alexander, Zucker and Gary, 1998). The availability of cash to the students as pocket money and travel allowances especially if excessive can be redirected into purchasing of drugs (Kingala, 2000). On the other hand, families can serve a protective function when there is: a strong bond between children and their families; parental involvement in a child's life; supportive parenting that meets financial, emotional, cognitive, and social needs; and clear limits and consistent enforcement of discipline (Gerstein and Kumpfer, *et al.*, (1998). Argued that drug use initiation has been identified based on gender and age. For example, research has found that the circumstances in which young people are offered drugs can depend on gender (Wills, McNamara, Vaccaro and Hirky, 1996; Moon, Hecht, Jackson, and Spellers, 1999). Boys generally receive more drug offers and at younger ages (Moon, *et al.*, (1999). The risk of becoming a drug abuser involves the relationship among the number and type of risk factors e.g., deviant attitudes and behaviors and protective factors e.g., parental support (Wills, *et al.*, (1996).

Drug use can also be influenced by the people offering the drugs; for example, drug vendors, siblings or even parents who take drugs (Hawkins and Catalano, 1992). Research has shown that the key risk periods for drug abuse occur during major transitions in children's lives. These transitions include significant changes in physical development e.g., puberty or social situations such as: moving or parents divorcing. This is the period when the children experience heightened vulnerability for problem behaviors' leading to drug use (Hawkins and Catalano, 1992). The twenty first century has overseen an unprecedented growth of information communication technology (ICT) that has enhanced rapid communication across national and continental boundaries resulting to an international global village market economy and trade involving exchange of goods and services with no exception of the

illegal trade in illicit drugs (Elizabeth, *et al.*, 2003). State economies can be held back by the negative consequences of high prevalence of drug abuse among both the in school and out of school youth. Families have been made unhappy and occasionally some have been torn asunder by either serious road accidents or mismanagement of family resources. In addition drug abuse has caused permanent negative physical health effects like blindness and deafness or even more serious are deaths that have been associated with excessive illicit drug use (Elizabeth, *et al.*, (2003).

In the current 21st century the young adults are more exposed to the new globalized market through their advanced awareness of the information communication technology more than the adults who are aged greater than 45 years old. Among the young adults are the secondary school students who are in their adolescent stage aged greater than 13 years but less than 25 years old. Therefore, excessive illicit drug use is not only a single nation's problem but it is a global problem (Brewer and Gainey, 2002).

Having a family history of substance abuse, for example, puts a child at risk for drug abuse (Catalano, Haggerty, Fleming, Brewer and Gainey, 2002). And the presence of many protective factors can lessen the impact of a few risk factors. For example, strong protection such as parental support and involvement can reduce the influence of strong drug use risks, such as having substance-abusing peers. Gender may also determine how an individual responds to drug use risk factors. Research on relationships within a family shows that adolescent girls respond positively to parental support and discipline, while adolescent boys sometimes respond negatively Catalano, *et al.*, (2002).

According to the study by Otieno and Ofulla (2009) in Kisumu town, Kenya students from low socioeconomic class areas (slums) of the town was more involved with drug abuse 28.0% compared to those from high socio-economic class areas of the town 21.5%. Family influence has also been shown to have an influence on drug abuse for example in Otieno and Ofulla (2009) study many of the students who abused drugs came from families where other family members abuse drugs. These included immediate family members like parents and siblings and other members of the extended family staying with them. But the family-based drug abuse interventions include parenting skills; practice in developing, discussing and enforcing family policies against substance abuse; and training in drugs abuse education and

information on the resultant dangers to children's life (Ashery, Robertson and Kumpfer, 1998)

2.3 School factors and drug use among students in secondary schools

Previous studies have shown that the key risk periods for drug abuse occur during major transitions in children's lives (Goldberg, MacKinnon, Elliot, Moe, Clarke and Cheong, 2000). The first big transition for children is when they leave the security of the family and enter elementary school (August, Realmuto, Hektner and Bloomquist, 2001; August, Hektner, Egan, Realmuto and Bloomquist, 2002; August, Lee, Bloomquist, Realmuto and Hektner, 2004). As they progress to middle or junior high school, they often experience new academic and social situations, such as learning to get along with a wider group of peers and having greater expectations for academic performance (Sussman, Dent and Stacy, 2002).

It is at the stage of 'early adolescence' that children are likely to encounter drug abuse for the first time (Eggert, Thompson, Herting and Nicholas, 1995; Eggert, Thompson, Herting and Randall, 2001; Thompson, Horn, Herting and Eggert, 1997).

A particularly challenging situation in late adolescence is moving away from home for the first time without parental supervision, perhaps to attend high school. In high school, students face additional social, psychological, and educational challenges. At the same time, they may be exposed to greater availability of drugs, drug abusers, and social engagements involving drugs (Sussman, Dent and Stacy, 2002). These challenges are likely to increase the drug abuse risk factors and they can take alcohol, cigarettes and bhang by Sussman *et al.* (2002).

Other drug abuse risk factors relate to children's relationships in school settings outside the family with their peers and teachers (Dishion, Kavanagh, Schneider, Nelson and Kaufman, 2002). Some of these risk factors are: inappropriate classroom behaviour, such as aggression and impulsivity; academic failure and poor social coping skills which may lead to the problem of drug abuse (Dishion, McCord and Poulin, 1999; Dishion and Kavanagh, 2000; Dishion, *et al.*, 2002; Eggert, Thompson, Herting, Nicholas and Dicker, 1994). According to Kingala (2000) in Kenya majority of the students start taking drugs at school. Kingala (2000) notes that how the school administration manages student affairs may lead to drug use. High handedness, harsh treatment, lack of freedom and students' failure to have their grievances addressed

creates stress which can lead to abuse of drugs (Kingala, 2000). Students' drug abuse prevention intervention programs suggested in the previous studies in schools focus on children's social and academic skills, including enhancing peer relationships, self-control, coping skills, social behaviors and drug offer refusal skills (Barrera, Biglan, Taylor, Gunn, Smolkowski, Black, Ary and Fowler, 2002).

This study aimed at adding suggestions on the possibility of integrating school-based drug abuse prevention programs to normative school curricula in order to strengthen students' bonding to the school and help in reducing the dropout rate of students who abuse drugs. Scientists have proposed several hypotheses as to why individuals first become involved with drugs and then escalate to abuse (Kendel and Yamaguchi, 1985; Bratter, Kolodny and Deep, 1984; Anthony, Van Etten and Newmark, 1999).

2.4 Individual factors and drug use among students in secondary schools

The studies have realized that starting to abuse a drug may lead to affiliation with more drug-abusing peers who may be ignorant, which, in turn, exposes the individual to other drugs (Anthony, *et al.*, 1999.). Okech, (1977). Argues that the interest and expectation of the peer group shave an important bearing on whether or not a person will try dependence or be lured to taking drugs. These behaviors may motivate student to develop other behaviors that may be dangerous.

Aggressiveness tends to influence mostly in drug use. In times of stress, boys and girls sometimes turn to the use of alcohol and drugs as an avenue for relieving their discomfort and distress. Their aggressiveness influences them to take drugs when stressed up so that they can accomplish their mission not knowing how difficult it. (Finney,1984).

In adults, aggression can develop from negative life experiences or mental illness. In some cases, people who suffer from depression, anxiety, or post-traumatic stress disorder (PTSD) unintentionally exhibit aggressive behaviors as a result of their condition. For those without an underlying medical or emotional disorder, aggressive behavior is usually a response to frustration. It can also occur when someone stops caring about others or the consequences of their behavior. These will results into students being exposed to drug use as observed by Siever, (2008).

Spiritualism has a lot contributed to drug use from the past. These findings do suggest that people who use Psychedelic drugs, including LSD, psilocybin, and mescaline, have long had an association with spiritual pursuits. For example, psychedelic plants, such as psilocybe mushrooms, peyote, and ayahuasca have long been used in shamanic traditions in the Americas (Lerner & Lyvers, 2006).

Recent research has found that administering psychedelic drugs in a supportive setting can occasion profound mystical experiences. For example, a recent study found that about 60% of volunteers in an experiment on the effects of psilocybin, who had never before used psychedelic drugs, had a “complete mystical experience” characterized by experiences such as unity with all things, transcendence of time and space, a sense of insight into the ultimate nature of reality, and feelings of ineffability, awe, and profound positive emotions such as joy, peace, and love (Griffiths, Richards, McCann, 2006).

The spiritualism in Kabuchai Sub County reveals an impact on the drug use. Spiritual churches like “*Dini ya msambwa*” has been encouraging their members to use alcohol because its an inheritance from their ancestors.

According to Jackson (2000) his study on the self control suggests that there might be a reciprocal relationship between drug use and social self-control such that each is likely to affect the other. Low social self-control is likely to result in higher drug use, which in turn is likely to result in lower self-control. Sussman (2003) argues that social self-control seems to be alterable and likely to be influenced by adolescents' lifestyle and social environment. Thus, providing adolescents with social self-control skills that utilize cognitive-behavioral techniques to perform social self-control is likely to prevent drug use for a longer term.

A peer group member is likely to be the source of information for drug users about the availability of drugs and their alleageable effects (Okech, 1977). Initial drug abuse can be influenced by different people including those who first offer the drugs to non-drug user, for example, siblings and friends (Hawkins and Catalano, 1992). Association with drug-abusing peers is often the most immediate risk for exposing adolescents to drug abuse and delinquent behavior.

However, in an environment with no drug-abusing peers and strong antidrug norms, that child is less likely to become a drug abuser (Hawkins and Catalano, 1992).

Studies on early risk behaviors' in school setting show that aggressive behavior in boys and learning difficulties in girls are the primary causes of poor peer relationships (Elizabeth, Susan and Suman, 2003). If these behaviors continue, they will likely lead to other risks like early peer rejection and later affiliation with deviant peers which are often the most immediate risks for drug abuse in adolescence (Elizabeth, et al., 2003). Studies have shown that children with poor academic performance and inappropriate social behavior at ages 7 to 9 are more likely to be involved with substance abuse by age 14 or 15 years (Sadock and Sadock, 2003; Wright and Pearl, 1995; Yeung, 1997).

Peers play a major role in initial drug use in the non-socialized youth, in the contemporary culture. The role played by peers is twofold. First, most often through peers illicit drugs are made available, since these drugs can seldom be purchased through ordinary means (Gorsuch and Butler, 1976). The peer group may either supply the drug directly or provide information on obtaining it. Having a large number of drug-using friends means that the non-socialized individual has ready access to drugs. Since there is no internal mechanism to prevent drug usage for this person, such ready access leads to the high rate of initial use. This gives the peer group a strong predictive strength of high prevalence of initial drug use among non socialized youth.

Second, the peer group may provide models for drug usage, teaching its members when, where, and how to see the drugs.

This theory does not, however, require socialization by the peer group into a drug culture for the non-socialized individual to have the initial drug experience. The effect is more casual than that the peer group needs only to provide models for attainment and use of the illicit drugs.

The impact of the peer group will differ for different age groups as a function of the amount of time spent within that group and the extent to which it is free of external controls. With children, peer-group activity is almost never free of adult supervision, so there is little availability of drugs for a non-socialized child. But adolescents often function without supervision, and hence the channels are more open for illicit drug passage (Gorsuch and Butler, 1976).

Majority of people begin taking drugs at adolescence, a stage of transition from childhood to adulthood. It is a momentous period of life filled with changes, difficulties and special problems. It is described as period of 'storm' and 'stress', a

time of self-discovery and self-assertion. This is the stage the youth tend to experiment a lot (Okech, 1977). Curiosity is one of man's outstanding characteristics. It is not surprising then that many young people will wish to try some drugs in order to determine the effects for themselves (Pudo, 1998).

Research has shown, however, that addressing such behavior in interventions can be challenging. For example, a recent study (Dishion, Kavanagh, Schneiger, Nelson and Kaufman, 2002) found that placing high-risk youth in a peer group intervention resulted in negative outcomes. It is hoped that this research will explore the role that adults and positive peers can play in order to suggest ways of helping to avoid such outcomes in future peer group drug abuse interventions.

2.5 Access to drugs and drug use among students in secondary schools

Availability of drugs or accessibility of drugs is one of the factors contributing to the increasing drug abuse during recent decades. According to the Bureau of Justice Statistics' report in 2007, 22% of students in grades 9 through 12 admitted that they had been offered, sold, or given illegal drugs on school property. According to Majlis Bangsa-bangsa Bersatu (as cited in (Utusan Malaysia, May 2006)), easy accessibility of drugs has been one of the current situations among the youth. Rationally, when accessibility of drugs is easy, chances of people trying out and consequently being addicted to drugs is increased. Hence, accessibility of drugs is an issue requiring immediate attention so that actions could be carried out to minimize or eliminate possible negative effects.

In order to obtain better income, drug syndicates are becoming more creative in tempting people to be involved in drug abuse and consequently be addicted (Utusan Malaysia, may 2006). Once a great number of people become a drug addict, drug syndicates would not need to worry about source of business as in order to cope with the addiction or to avoid the pain of withdrawal syndrome, drug addicts would try ways including illegal ones to obtain the drugs.

The easier communication and interaction among humans as a result of advanced technology, specifically internet, has been providing a diversity of benefits to human beings. Unfortunately, it is not without its disadvantages. In this case, in particular, internet has eased the transaction of drugs selling. Sales of drugs on net increase

exposure and hence accessibility of drugs to non-drug users who might be tempted to later abuse drugs. Internet has been a popular tool for marketing and purchasing stuff including herbal dietary supplements. (Dennehy, 2005). Among the herbal supplements sold on net, 48% has been found to be likened to illicit drugs such as marijuana and ecstasy. With just a click away, both first time drug user and chronic drug abuser are able to have drugs delivered to their door step. This is greatly favored by the individuals involved as both the sellers and the buyers get to maintain their anonymity. (Forman, 2006) Furthermore, through internet, chronic drug abusers get to keep in contact with drug sellers to ensure continuous source of drugs.

Besides, through the borderless World Wide Web, people especially the youth get to learn more about drugs easily. This is especially awful when some drug abusers share in forum or their own website/weblog regarding their positive experiences with drugs. Some feature tips on where to get a particular drug, the different ways of ingesting the particular drug in order to obtain different effects, descriptions on the momentary happiness or "high" as a result of the drug, information on the duration of the effects, possible side effects and so forth. Some even have frequently asked questions (FAQs) and questions and answers (Q&As) section to answer people's inquiries regarding drug abuse. Undeniably, there are also websites advocating anti-drug messages by communicating the negative impacts of drug abuse and other related information. (Wax, 2009) Unfortunately, by typing in the name of drugs on a search engine such as Google, as compared to these advocating anti-drug messages websites, those advocating drug abuse directly or indirectly are most likely to be retrieved. (Wax, 2009).

Though most studies carried out on the availability or accessibility of drugs are conducted in other nations, we cannot deny the fact that similar situation has occurred in Malaysia. This is proven when it was found that sales of steroids have been found to be carried out illegally through Face book, social network on internet, in Malaysia. (Malay, 2009). In fact, by simply typing in a particular drug's name drugs. in Face book search engine yields several groups supporting the use of the drugs. Quoting a drug abuser from Japan: (Physorg.com, 2009) Even less than 10 years ago, you had to go to specific areas ... to acquire illegal substances ... you really had to know where exactly to go, and when. Now, if you spend a few minutes online, it's really easy to get access to information about the soft stuff.

A news report (Lee, 2012) stated that nowadays, students not only misuse drugs outside of school compound but also in class while the teacher is teaching. Which means, today, young people especially students need not wait till after school hours to gather at a point for drug abuse activity. They do it in school, where every young individual in the nation is mandated to attend. In addition, news report (Lee, 2012) states that students are used to sell drugs. As students go to school every weekday as mandated, a student drug pusher would not face problem in introducing and selling drugs to classmates and schoolmates. Therefore, with the increase of student drug pushers in the school compound, the accessibility of drugs among the young generations is further increased.

Other than the ease of access to drugs in school compound, another scenario that adds to the accessibility of drug these days is the young generations' financial capability. For instance, a substantial number of students aged 13 to 17 years from several national and private schools in Kuala Lumpur, Selangor, and Negeri Sembilan admitted that they are drug abusers (Lee ,2012). Among this number of students, many come from middle and upper class families and hence given generous amount of pocket money, ranging from RM250 to RM1,500 per month (Lee ,2012). This generous amount of money, which is not necessary for a secondary or high school student, further increases the ease of teenagers in obtaining illegal drugs. The researchers further explained that the great sum of money on hand would eliminate one possible barrier in obtaining drugs. Therefore, inappropriate amount of money on hand has become one of the factors contributing to the increase of accessibility of illicit drugs

A special concern in recent years would be the increase in the use of 'club drug" at night clubs and dance parties. According to the study of Johnson, O'Malley and Bachman (Johnson, 2001), the main club drug is Ecstasy, methamphetamine that consist the hallucinogenic properties.

2.6 Theoretical Framework

Several theoretical models explain drug and substance abuse. This study adopted the social learning theory developed by Albert Bandura (1977). This theory holds that behavior is molded by rewards and punishment, or reinforcement. Past and present

rewards and punishments for certain actions determine the actions that individuals continue to pursue. Reward and punishment structures are built into specific groups. By interacting with members of certain groups or social circles, people learn definitions of behaviors as good or bad.

It is in the group setting, where reward and punishment take place, and where individuals are exposed to behavioral models and normative definitions of certain behaviors as good or bad. Social learning theory has a clear-cut application to drug use: It proposes that the use and abuse of drugs can be explained by exposure to groups in which use is rewarded. These groups provide the social environments in which exposure to definitions, imitations of models, and social reinforcements for use of or abstinence from any particular drug take place. The definitions are learned through imitation and social reinforcement of the imitations by members of the group with whom one is associated (Akers *et al.*, (1979).

This theory posits that students acquire their beliefs and antisocial behaviors from their role models, especially close friends and parents (NACADA, 2012). The theory assumes that substance specific cognitions are the strongest predictors of students drug use. Specifically, Social Learning Theory (SLT) asserts that a student's involvement with substance-using role models is likely to have three consequential effects, beginning with observation and imitation of drug specific behaviors, followed by social reinforcement (encouragement and support) for Early Substance Use (ESU) and culminating into a student's positive social and psychological consequence for future ESU. Secondary indications in the environment (including not only physical aspects of the environment but the addicts' life style) are associated with the primary stimuli of the addict's drug experience. Many students are being exposed to drugs on the street, especially through family members or friends

2.7 Conceptual Framework

This study was guided by the following conceptual framework, which was used to explain the interrelationship between the variables. A conceptual framework is a scheme of variables a researcher operationalizes in order to achieve the set objectives (Oso & One 2002). In this study conceptual framework was guided by the set research objectives

Fig 2.1 Conceptual framework

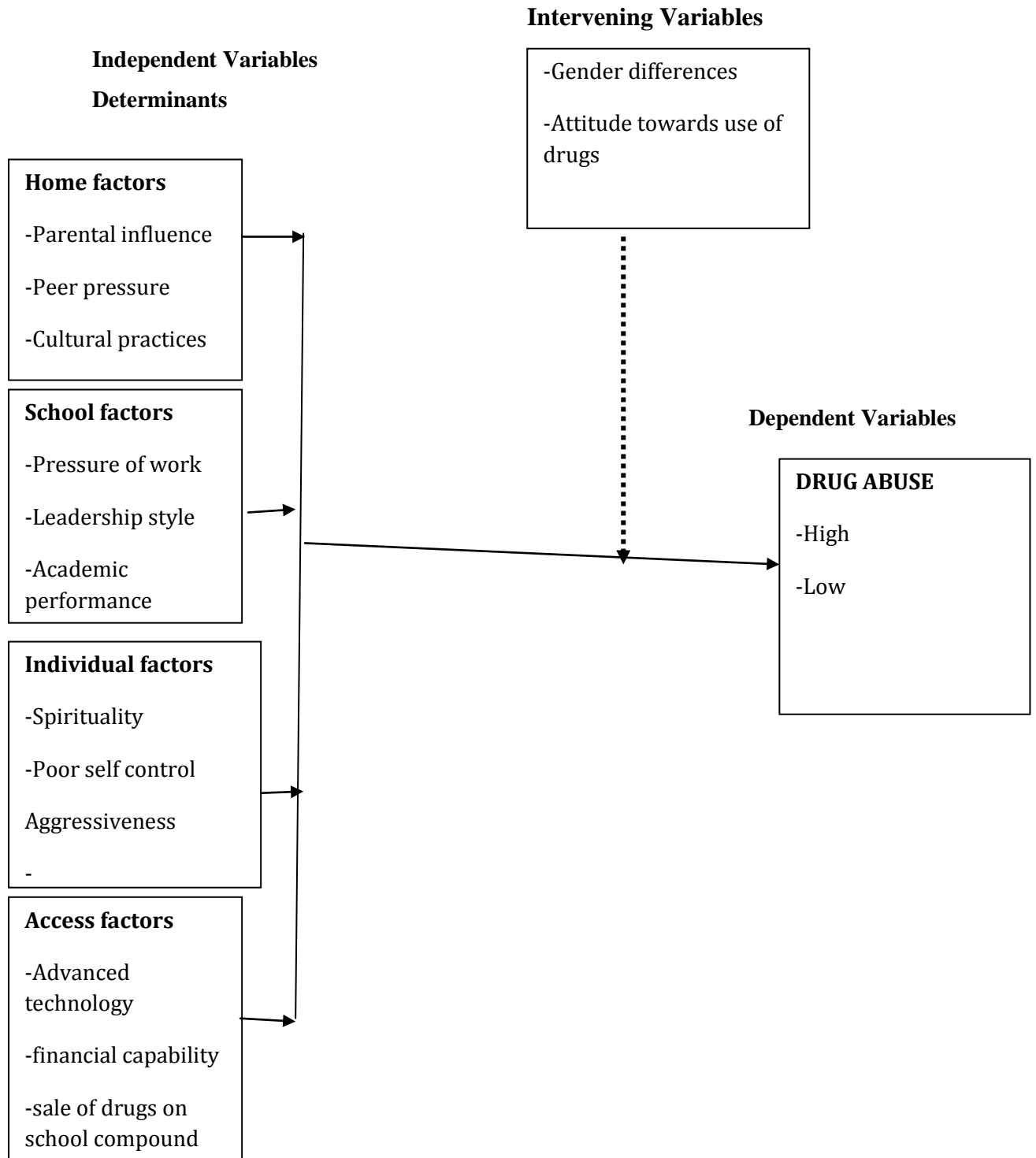


Figure 1.1: Conceptual framework on influences of drug use on student's academic performance

It is hypothesized that the independent variable with its components, home factors, school factors, individual factors and access factors directly influence the dependent variable drug use among students; however this may be delayed or accelerated by the intervening variables.

The conceptual framework provides the factor that determines the drug use among the secondary students. One of the determinants drug use is home factor where use of drugs and poor parenting influences drug use which becomes an independent variable. School factors also contributed to drug use whereby we have poor leadership styles and weak administration tends to influence drug use, not forgetting weak rules and regulation which influences drug use therefore it's an independent variable. Similarly individual factors also determines drug use among students whereby peer pressure, low attitude towards academic performance and lack of self control has an impact to drug use among secondary school students their fore it's an independent variable

Access factors has an impact to drug use which involves availability of drugs, low cost of drugs influences drug use therefore it's an independent variable

There were also intervening variables in the study. They involved gender differences among the students and also attitude toward drug use.

The depended variables were drug use which was influenced by the independent variables.

2.8 Knowledge Gap

A majority of the studies from this region on drug abuse and its effect focus on Universities and middle level colleges and little information is available from School populations. The purpose of the review of the above literature was to avoid unnecessary and unintentional duplication of framework from which the research findings will be interpreted and also demonstrate the researcher's familiarity with existing knowledge. The researcher has reviewed literature related to the topic determinants of drug abuse among students in secondary schools in Kabuchai Sub County, by focusing on the general studies of what other researchers have said in relation to the study objectives, the statistics given in the background and in the reviewed literature shows that there is drug use among male and female students. The

overall research problem that will be addressed in this study is to examine determinants of drug abuse among secondary students in Kabuchai Sub County

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents a description of research method that was employed in this study, including the research design, location of study, the study population, sampling procedure, sample size, instrumentation, validity and reliability of research instruments, data collection and data analysis procedures.

3.2 Research Design

The study adopted a descriptive research design. According to Gay (1981) a descriptive research is a process of collecting data in order to answer questions concerning the current status of the subjects in the study. Descriptive survey designs are used in preliminary and exploratory studies to allow researchers to gather information, summarize, present and interpret for the purpose of clarification (Orodho, 2005).

Borg and Gall (1989) noted that descriptive survey research is intended to produce statistical information about aspects of education that interest policy makers and educators. The survey research was therefore useful because of the economy of taking a sample of the population to generalize results for the whole population.

Descriptive survey design was employed because it guarantees breadth of observation and also provide for the accurate descriptive analysis of characteristics of a sample which can be used to make inferences about population (Kerlinger, 1973). Descriptive survey is a method of collecting information by interviewing or administering a questionnaire to a sample of individuals (Orodho, 2003). It can be used when collecting information about people's attitudes, opinions, habits or any of the variety of educational or social issues (Orodho and Kombo, 2002).

3.3 Target Population of Study

The study targeted all form three students in secondary schools in Kabuchai Sub County provided the target population of study. There are a total of 1460 male and female students in 12 public secondary schools in Kabuchai Sub County, (County Education office).

3.4 Sampling Procedure and Sample Size

Sampling is the procedure a researcher uses to gather people, places or things to study. It is a process of selecting a number of individual or objects from a population such that the selected group contains elements representative of the characteristics found in the entire group (Orodho and Kombo, 2002). A sample is finite part of a statistical population where properties are studied to gain information about the whole (Webster, 1985). For these studies a researcher having a population of 1460 used a sample of 146 students female and male students from 12 secondary schools in Kabuchai Sub County .They were selected using Mugenda and Mugenda (2003) ten percent formulae of determining sample size for research activities.

3.5 Instrumentation

The study employed questionnaires for data collection because questionnaires are easy to administer and more time saving compared to other tools. The questionnaires were developed based on the research objectives and related literature. Section A: contain items that sought students' Personal and demographic data and section B: home factors determining drug use, Section C: School factors determining drug use, Section D: Individual factors Section E: Access factors determining drug use.

3.5.1 Piloting

Piloting is trying out of research instruments on the respondents who will not be used in the main study .Groll (1986) notes that a pilot study is necessary because" a researcher embarking on classroom research for the first time find it valuable to spend some time in the classroom using one or more established systems and looking at the kind of issues which will arise in turning his/ her own research questions into a set of criteria and definition for use in the classroom." It is important for a pilot study to be carried out before any research is done as stated by Peter (1994). He states" even the most carefully constructed instrument cannot guarantee to obtain a hundred percent reliable data". Therefore it was necessary to pretest the instruments of the research on a small sample of respondents in a preparatory exercise to find out if there is any

weakness so that it can be corrected. In this study, two secondary Schools from Bungoma South Sub County were selected for piloting purposes with a sample size of 45 respondents. The piloted questionnaires assisted the research to remodel the questionnaires by doing away with unnecessary questions and prepare the final questionnaire for data collection.

3.5.2 Validity

Validity is the extent to which an instrument measures what it is supposed to measure or asking the right question framed accordingly. For the instrument to be valid, the content selected and included in the questionnaires must also be relevant to the variables being investigated. For this study, validity refers to the content validity. The two supervisors' requested to assess the relevance of the content in research tools in relation to objectives of the study. The feedback was used to revise the questionnaires to ensure that they are covering the factors being investigated in the study.

3.5.3 Reliability

Reliability of an instrument is the degree of consistency that an instrument demonstrates or the accuracy of the test scores which are free of choice errors. To ensure reliability and clarity of research instruments, the researcher conducted a pilot study involving 45 students from two Schools in Bungoma south Sub County. Respondents were encouraged to ask questions where they don't understand the items. From the pilot study and discussions with respondents, the researcher was able to restructure the hard, and/or technical items in the instruments of the study. Reliability of the items was established by test-retest formula. Pearson's product moment correlation coefficients to establish the extent to which the content of the questionnaire are consistent in enlisting, same responses every time the instrument were administered. The instruments were considered sufficiently reliable at $\alpha \geq 0.7$ using Pearson correlation coefficient.

3.6 Data Collection Procedures

The researchers used a letter of introduction from the Department of Education to seek a permit from the National Council of Science and Technology (NCST) to conduct research. The permit was used to get a letter of introduction to schools from the County Director of Education Office Bungoma County, which was used by researcher to conduct the research in the Schools. The researched booked appointment with the principal of the sampled schools after that the research visited the school. Questionnaires were delivered to the respondents by the researcher. The researcher gave clear instructions on how to fill the questionnaires to the prospective respondents and personally collected the questionnaires as soon as they were duly filled.

3.7 Data Analysis

The study employed descriptive statistical methods in order to analyze data that was collected. There was cross checking of the questionnaires to ensure that the questions were answered well. Coding of the answered questions was done, and organization of the whole information done before the analysis of the data. Qualitative data was first divided into themes and sub themes before being analyzed. In the analysis of collected data, Statistical Package for Social Science was used.

Frequency and percentages were used in the analysis and presented in a tabular form to enhance interpretation of the data. The frequencies and percentages were used to assess the determinants of drug abuse among secondary schools students in Kabuchai Sub County.

3.8 Ethical Considerations

Permission to carry out the study was sought after presentation of study proposal to the supervisors of the University of Nairobi. The nature and purpose of the study was explained to the respondents by the researcher. The researcher informed the respondents the importance of the study and also treated all the information given by the respondents with a lot of confidentiality to safeguard the respondent's personal integrity in regard to University's ethical considerations.

3.10 Operational Definition of Variables

There are two variables that were considered in this study, independent and dependent variables. The independent variables were: home factors, school factors, individual factors and access factors. The dependent variable was drug use.

Table 3.2 Operational definition of variables

OBJECTIVES	VARIABLES	INDICATORS	SCALE OF MEASUREMENT
To determine how home factors influence drug user among secondary school students	Independent: Home factors	Use of drugs	Nominal Ordinal
	Dependent: Drug use		Nominal Ordinal
To determine how school factors influence drug user among secondary school students	Independent: School factors	Awareness campaign	Ordinal Nominal
	Dependent: Drug use		Nominal Ordinal
To determine how individual factors influence drug user among secondary school students Schools.	Independent: Individual factors	Poor CAT results	Ordinal
	Dependent: Drug use		
To determine how access to drugs influence	Independent: Access to drugs	- Easy access	Ordinal

drug user among secondary school students			
	Dependent: Drug use		

CHAPTER FOUR
DATA ANALYSIS, PRESENTATION, INTERPRETATION AND
DISCUSSION

4.1 Introduction

This chapter presents the results and discussions of quantitative data analysis of the study on the determinants of drug abuse among students of Kabuchai Sub County. It is divided into two major sections. The first section describes the demographic characteristics of the respondents the age of the respondents. The second section of the chapter provides results and discussions which were based on the four major research questions of the study.

4.2 Response Return Rate

Out of 146 questionnaires dispatched, 137 were dully filled and returned. The response rate is shown in the table 4.1

Table 4.1 Response Return Rate

Dispatched	Returned	Percentage
146	137	93.85
Total	137	93.85

From the table 4.1, percentage return rate was 137 (90%).According to Nachimias and Nachimais (1958) 80% to 90% return rate is enough for a descriptive survey study. Some of the students did not return the questionnaire which implies that they were not willing to be involved in the study.

4.3 Demographic Characteristics.

The study sought to determine the demographic characteristics of respondents based on Gender, age and home County.

4.3.1 Gender of the respondents

The gender of the respondents was sought since its findings would assist the study categorize respondents based on gender and the findings are shown in table 4.2.

Table 4.2 Gender of respondents

Response	Frequency	Percentage
Boys	72	52.6
Girls	65	47.4
Total	137	100.0

Table 4.2 shows that majority of respondents were boys by 52.6%. followed by girls with 47.4%. This ratio is based on gender composition of the target population which is fairly representative. The study sought out gender distribution of boys to girls, whereby boys were very many which means boys are more likely involved in drugs compared to girls as suggested by (Okech, 1977)

4.3.2 Age of respondents

The study sought to find out the age of respondents since its findings would assist the study categorize respondents based on age and the findings are shown in table 4.3.

Table 4.3 Age of respondents

Response	Frequency	Percentage
14-16	18	13.1
16-18	62	45.3
18-20	49	35.8
20-22	8	5.8
Total	137	100.0

Table 4.3 indicate that the age 14-16 were 13.1%, age of 16-18 were 45.3% ,age of 18-20 were 35.8% lastly 20-22 were 5.8%.These shows majority of the respondents were aged between 16-18 years by 45.3% respondents. This reveals that since most respondents are in this category therefore they stand a high chance of being victims of drug use. These results show that the ages between 16-18 years are highly likely to be affected by drug abuse. It also determines that drug use has a very big impact to the students.

4.3.4 Home County

The Home County of the respondents were sought since its findings would assist the study categorize respondents based on their Counties and the findings are shown in table 4.4.

Table 4.4 Home County

Response	Frequency	Percentage
Bungoma	61	44.5
Kakamega	30	21.9
Busia	24	17.6
Vihiga	14	10.2
Other	8	5.8
Total	137	100.0

Table 4.4 above indicates that most of the respondents are residents of Bungoma County by (44.5%) responses. This composition of the target population is fairly representative.

4.4 Home factors and drug use among students in secondary schools

The study sought to find out home factors and drug use among students in secondary schools in Kabuchai Sub County. The following are the study findings.

4.4.1 Parental guidance

The study sought to find out on whether many parents indulge in alcohol use in the presence of their children in Kabuchai Sub County. The findings are shown in Table 4.5.

Table 4.5 Parental Guidance

Response	Frequency	Percentage
Strongly Agree	39	28.5
Agree	42	30.7
Neutral	10	7.3
Disagree	35	25.5
Strongly Disagree	11	8.0
Total	137	100.0

Table 4.5 shows that 28.5% Strongly Agreed, 30.7% agreed, 17.3% neutral 25.5% Disagreed, while 8.0% strongly disagreed that many parents indulge in alcohol use in the presence of their children in Kabuchai Sub County respectively. The study findings indicate that most respondents agreed that many parents indulge in alcohol use in the presence of their children. This shows that most students have poor parental guidance especially at home because many parents indulge in alcohol use in the presence of their children.

4.4.2 Peer Pressure

The researcher was interested to find out on whether there are many school dropouts in Kabuchai Sub County who engage in alcohol drinking and drug abuse. The findings are shown in Table 4.6.

Table 4.6 Peer pressure

Response	Frequency	Percentage
Strongly Agree	33	24.1
Agree	50	36.5
Neutral	10	7.3
Disagree	33	24.1
Strongly disagree	11	8.0
Total	137	100.0

Table 4.6 shows that, 24.1% strongly agreed, 36.5% agreed, 7.3%, neutral, 24.1% disagreed, while 8.0% strongly disagreed that whether there are many school dropouts in Kabuchai Sub County who engage in alcohol drinking and drug abuse respectively. The findings show there are many school dropouts in Kabuchai Sub County who engage in alcohol drinking and drug abuse. The many school dropouts influence the school going children in their behavior. This implies that there is peer pressure at home which influence students to engage in drug use in the Sub County.

4.4.3 Cultural practice

The study sought to establish on whether there are norms regarding acceptable

Patterns of drug use among the community in Kabuchai sub county. The findings are shown in table 4.7.

Table 4.7 Cultural practice and drug use among students

Response	Frequency	Percentage
Strongly Agree	46	33.6
Agree	37	27.0
Neutral	10	7.3
Disagree	31	22.6
Strongly Disagree	12	8.7
Total	137	100.0

Table 4.7 shows that 33.6% strongly agreed 27.0% agreed, 7.3 neutral 22.6% .3% disagreed, and 8.7% strongly disagreed respectively on whether there are norms regarding drug abuse in our community. The finding shows strongly that there are no norms regarding acceptable Patterns of drug use among the community in Kabuchai sub County. These norms expose students to alcohol which makes them become drug addicts. Cultural practices such as memorial services, circumcisions and marriage ceremonies have unchecked drinking sprees among students that goes unchallenged.

4.4.4 Socio-Economic Factors

The study sought to establish on whether most parents had Low socio-economic status in the sub county. The findings are shown in table 4.8

Table 4.8 Socio-Economic Factors

Response	Frequency	Percentage
Very high	33	20.0
High	61	44.5
Low	28	20.4
Very low	15	10.9
Total	137	100

Table 4.8 shows that 20.0% very high, 44.5% high, 20.4 %, low, 10.9% very low respectively that most parents have low socio economic status in the sub county. The findings indicate that most parents had Low socio-economic status in the sub county

.Socio-economic factors such as lack of finances makes some parents to brew alcohol as a source of income generation with their children as sellers and as a result exposing them to alcohol use. Many parents also avoid being bread winners by seriously becoming alcoholic.

On the influence of home factors and drug use among students, the findings revealed that majority of respondents indicated that most students have poor parental guidance especially at home as indicated. This is because of many parents indulging in alcohol use in the presence of their children. They do not restrict their children from drug use. The findings are in line with earlier findings by Lukoye *et al.*,(2011) who asserted that research has shown that there are various possible factors that could determine the probability of drug use among students

Environmental factors in the students' life such as student abuse, exposure to drugs, and lack of supervision, media influence, and peer pressure play role in use of drugs by students. Internal factors that are within the student or part of their personalities such as self-esteem, poor social skills, attitudes about drugs, and many others also play a role in the use of drugs by students. Drug abuse has serious consequences in our homes, schools, and communities (Elizabeth, Susan and Suman, 2003). From a USA: National Institute on Drug Abuse NIDA's perspective, the use of all illicit drugs and the inappropriate use of licit drugs are considered drug abuse (Elizabeth, *et al.*, (2003). Children's earliest interactions occur within the family and can be positive or negative. For this reason, risk factors to taking drugs that affect early development in the family are probably the most crucial.

One fashion of explanation as to why individuals first become involved with drugs and then escalate to abuse is a biological cause, like having a family history of illicit drug use, which may genetically predispose a person to drug abuse. Children are more likely to start abusing drugs in a family if there is: lack of mutual attachment and nurturing by parents or caregivers; ineffective parenting; a chaotic home environment; lack of a significant relationship with a caring adult; and a caregiver who abuses substances, suffers from mental illness, or engages in criminal behavior (Elizabeth, *et al.*, (2003).

The abuse of drugs and other substances by parents and other caregivers can impede bonding to the family and threaten feelings of security that children need for healthy development (Gerstein and Green 1993; Kumpfer, Olds, Alexander, Zucker and Gary, 1998). The availability of cash to the students as pocket money and travel allowances especially if excessive can be redirected into purchasing of drugs (Kingala, 2000). Therefore the study supports this finding of Gerstein and Green 1993; Kumpfer, *et al.*, (1998). On the other hand, families can serve a protective function when there is: a strong bond between children and their families; parental involvement in a child's life; supportive parenting that meets financial, emotional, cognitive, and social needs; and clear limits and consistent enforcement of discipline

Drug use initiation has been identified based on gender and age. For example, research has found that the circumstances in which young people are offered drugs can depend on gender (Wills, McNamara, Vaccaro and Hirky, 1996; Moon, Hecht, Jackson, and Spellers, 1999). Boys generally receive more drug offers and at younger ages as noted by Moon, *et al.*, (1999). The risk of becoming a drug abuser involves the relationship among the number and type of risk factors e.g. Deviant attitudes and behaviors and protective factors e.g., parental support (Wills, *et al.*, (1996). Drug use can also be influenced by the people offering the drugs; for example, drug vendors, siblings or even parents who take drugs (Hawkins and Catalano, 1992). Research has shown that the key risk periods for drug abuse occur during major transitions in children's lives. These transitions include significant changes in physical development e.g., puberty or social situations such as: moving or parents divorcing. This is the period when the children experience heightened vulnerability for problem behaviors' leading to drug use (Hawkins and Catalano, 1992).

The twenty first century has overseen an unprecedented growth of information communication technology (ICT) that has enhanced rapid communication across national and continental boundaries resulting to an international global village market economy and trade involving exchange of goods and services with no exception of the illegal trade in illicit drugs (Elizabeth, *et al.*, 2003). Start abuse among both the in school and out of school youth. Families have been made unhappy and occasionally some have been torn asunder by either serious road accidents or mismanagement of

family resources. The socio-economic also plays a big role in the drug use among students.

In addition drug abuse has caused permanent negative physical health effects like blindness and deafness or even more serious are deaths that have been associated with excessive illicit drug use as argued by Elizabeth, *et al.*, (2003). In the current 21st century the young adults are more exposed to the new globalized market through their advanced awareness of the information communication technology more than the adults who are aged greater than 45years old. Among the young adults are the secondary school students who are in their adolescent stage aged greater than 13 years but less than 25 years old. Therefore, excessive illicit drug use is not only a single nation’s problem but it is a global problem (Brewer and Gainey, 2002).

4.5 School factors and drug abuse among secondary school students

The study sought to find out the influence of school factors and drug use among secondary school students. The following are the study findings.

4.5.1 Pressure of work

The study sought to establish on whether most students in secondary schools in Kabuchai Sub County have pressure of work. The findings are shown in table 4.9.

Table 4.9 Pressure of work

Response	Frequency	Percentage
Very high	36	26.2
High	44	32.1
Low	30	21.8
Very low	27	19.7
Total	137	100.0

Table 4.9 shows that, 32.1% very high 26.2% high,. 21.8% low, 19.7% very low respectively that there is pressure of work in schools. The findings indicate that majority of the respondents agreed that most students in Kabuchai sub county have high pressure of work at school. The implication implies that most schools usually have less chance for students to have session interaction and resting which makes the students fatigue and as a result they will have low output to the academics

4.5.2 Leadership Style

The respondents were asked to tick the answer that best described school leadership style. The findings are shown in table 4.10.

Table 4.10 Leadership Style

Response	Frequency	Percentage
Very Good	25	18.2
Good	37	27.0
Bad	58	42.3
Very Bad	17	12.4
Total	137	100.0

Table 4.10 shows that we have very bad leadership in Kabuchai .18.2% Very good leadership, 27.0% good leadership, 42.3% bad leadership 12.4% Very bad leadership. Respectively on the leadership style. The findings indicate that majority of the respondents agreed that we have poor leadership in the sub county .These has resulted into harsh administrative management influence student to engagement of other way. Harsh administrative policies such as frequent suspensions of students, expulsions, poor student meals, and school unrest may influence students towards drug abuse.

4.5.3 Academic Performance

The respondents were asked to tick the answer that best described academic performance in their schools. The findings are shown in table 4.11

Table 4.11 Academic performance

Response	Frequency	Percentage
Very Good	10	7.3
Good	34	24.8
Poor	51	37.2
Very Poor	32	23.4
Total	137	100.0

Table 4.11 shows that 7.3% Very good, 24.8% good, 37.2% poor, and 23.4% very poor on the academic performance in Kabuchai Sub County respectively.

This indicates that majority of the respondents agreed that poor academic performance in the sub County. Academic failure and poor social coping skills among students can easily lead to indulgence in drug abuse as an escape goat. This can attribute to students holding favorable attitudes towards abuse of drugs within the learning institutions. Therefore poor performance can easily influence students to substance abuse.

On school factors and drug use among students the findings revealed that most students in Kabuchai sub county abuse drugs due to poor leadership style by 40% responses. The implication is in most schools, the prefects are selected by teachers and hence there is little communication flow among the students as a result of suspicion among the student population. There is also interference from other school stakeholders on the management of schools. This is in agreement with previous findings by Goldberg, MacKinnon, Elliot, Moe, Clarke and Cheong, (2000).who asserted that the key risk periods for drug abuse occur during major transitions in children's lives.

The first big transition for children is when they leave the security of the family and enter elementary school (August, Realmuto, Hektner and Bloomquist, 2001; August, Hektner, Egan, Realmuto and Bloomquist, 2002; August, Lee, Bloomquist, Realmuto and Hektner, 2004). As they progress to middle or junior high school, they often experience new academic and social situations, such as learning to get along with a wider group of peers and having greater expectations for academic performance (Sussman, Dent and Stacy, 2002).

It is at the stage of 'early adolescence' that children are likely to encounter drug abuse for the first time (Eggert, Thompson, Herting and Nicholas, 1995; Eggert, Thompson, Herting and Randall, 2001; Thompson, Horn, Herting and Eggert, 1997). A particularly challenging situation in late adolescence is moving away from home for the first time without parental supervision, perhaps to attend high school. In high school, students face additional social, psychological, and educational challenges. At the same time, they may be exposed to greater availability of drugs, drug abusers, and social engagements involving drugs (Sussman, Dent and Stacy, 2002). These study is in line with cheong 2000 about how pressure of work influence the performance of

students especially when challenges increases which makes student result to drug abuse the drug abuse

Other drug abuse risk factors relate to children's relationships in school settings outside the family with their peers and teachers (Dishion, Kavanagh, Schneiger, Nelson and Kaufman, 2002). Some of these risk factors are: inappropriate classroom behaviour, such as aggression and impulsivity; academic failure and poor social coping skills which may lead to the problem of drug abuse (Dishion, McCord and Poulin, 1999; Dishion and Kavanagh, 2000; Dishion, et al., 2002; Eggert, Thompson, Herting, Nicholas and Dicker, 1994). According to Kingala (2000) in Kenya majority of the students start taking drugs at school. Kingala (2000) notes that how the school administration manages student affairs may lead to drug use.

High handedness, harsh treatment, lack of freedom and students' failure to have their grievances addressed creates stress which can lead to abuse of drugs (Kingala, 2000). Students' drug abuse prevention intervention programs suggested in the previous studies in schools focus on children's social and academic skills, including enhancing peer relationships, self-control, coping skills, social behaviors and drug offer refusal skills (Barrera, Biglan, Taylor, Gunn, Smolkowski, Black, Ary and Fowler, 2002). This study aims at adding suggestions on the possibility of integrating school-based drug abuse prevention programs to normative school curricula in order to strengthen students' bonding to the school and help in reducing the dropout rate of students who abuse drugs. Scientists have proposed several hypotheses as to why individuals first become involved with drugs and then escalate to abuse (Kendel and Yamaguchi, 1985; Bratter, Kolodny and Deep, 1984; Anthony, Van Etten and New mark, 1999).

4.6 Individual factors and drug use among students in secondary schools

The respondents were asked to tick the answer that best described individual factors that influence drug abuse among students in secondary schools in Kabuchai Sub County. The findings are shown in table 4.12.

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Table 4.12. Individual Factors.

Response	Frequency	Percentage
Students environment	11	8.0
Spiritualism	40	29.2
Poor self control	48	35.0
Aggressiveness	32	23.4
Poor communication skills	6	4.4
Total	137	100.0

Table 4.12 shows that students environments 8.0 %, Spiritualism 29.2%, poor self control 35.0%, Aggressive behavior 23.4%, poor communication 4.4% respectively. Most respondents agreed that majority of secondary students are ignorant about their future and also they do not take teachers advice seriously. Therefore poor self control is the most influential followed by spiritualism and poor communication was the least. These indicate that majority of the respondents have a big problem in having self control among themselves. These influences drug abuse among students of Kabuchai sub County as supported by Kumpfer, *et al.*,(1998). This implies that students are willingly indulged into drug abuse by oneself is as a result of poor self control.

Therefore the student is free to choose whom to befriend as peers and hence whoever chooses wrong company that lead him into problems. The study was in line with Siever, (2008) who agreed that some youths are influenced to drug abuse because of the belief one has towards his culture and how best he depend on the culture. This indicates that the churches are some of them make their people be drug addicts through depending on the myths.

4.7 Access factors and drug use among students in secondary schools

The respondents were asked to tick the answer that best described the main source of Accessibility of drug use among students in secondary schools in Kabuchai Sub County. The findings are shown in table 4.14

Table 4.14 Access factors

Response	frequency	percent
Advanced Technologies	30	21.8
Sales of Drugs in School Compound	68	49.6
Financial Capability	39	28.5
Total	137	100

Table 4.14 show 49.6% sales of drugs in school compound, 28.5%, financial capacity, 21.8%.advanced technology of the students by Therefore sale of drugs is most access factor while advanced technology is the least.

Availability of drugs or accessibility of drugs is one of the factors contributing to the increasing drug abuse during recent decades.

According to the Bureau of Justice Statistics' report in 2007, 22% of students in grades 9 through 12 admitted that they had been offered, sold, or given illegal drugs on school property. According to Majlis Bangsa-bangsa Bersatu (as cited in (Utusan Malaysia,may 2006)), easy accessibility of drugs has been one of the current situations among the youth. Rationally, when accessibility of drugs is easy, chances of people trying out and consequently being addicted to drugs is increased. Hence, accessibility of drugs is an issue requiring immediate attention so that actions could be carried out to minimize or eliminate possible negative effects.

In order to obtain better income, drug syndicates are becoming more creative in tempting people to be involved in drug abuse and consequently be addicted (Utusan Malaysia,may 2006). Once a great number of people become a drug addict, drug syndicates would not need to worry about source of business as in order to cope with the addiction or to avoid the pain of withdrawal syndrome, drug addicts would try ways including illegal ones to obtain the drugs.

Advanced Technologies

The easier communication and interaction among humans as a result of advanced technology, specifically internet, has been providing a diversity of benefits to human beings. Unfortunately, it is not without its disadvantages. In this case, in particular, internet has eased the transaction of drugs selling. Sales of drugs on net increase exposure and hence accessibility of drugs to non-drug users who might be tempted to later abuse drugs. Internet has been a popular tool for marketing and purchasing stuff including herbal dietary supplements. (Dennehy,2005).

Among the herbal supplements sold on net, 48% has been found to be likened to illicit drugs such as marijuana and ecstasy. With just a click away, both first time drug user and chronic drug abuser are able to have drugs delivered to their door step. This is greatly favored by the individuals involved as both the sellers and the buyers get to maintain their anonymity. (Forman, 2006)

Furthermore, through internet, chronic drug abusers get to keep in contact with drug sellers to ensure continuous source of drugs. Besides, through the borderless World Wide Web, people especially the youth get to learn more about drugs easily.

This is especially awful when some drug abusers share in forum or their own website/weblog regarding their positive experiences with drugs. Some feature tips on where to get a particular drug, the different ways of ingesting the particular drug in order to obtain different effects, descriptions on the momentary happiness or "high" as a result of the drug, information on the duration of the effects, possible side effects and so forth. Some even have frequently asked questions (FAQs) and questions and answers (Q&As) section to answer people's inquiries regarding drug abuse. Undeniably, there are also websites advocating anti-drug messages by communicating the negative impacts of drug abuse and other related information. (Wax,2009) Unfortunately, by typing in the name of drugs on a search engine such as Google, as compared to these advocating anti-drug messages websites, those advocating drug abuses directly or indirectly are most likely to be retrieved. (Wax,2009)

Though most studies carried out on the availability or accessibility of drugs are conducted in other nations, we cannot deny the fact that similar situation has occurred in Malaysia. This is proven when it was found that sales of steroids have been found to be carried out.

Illegally through Face book, social network on internet, in Malaysia. (Malay, 2009) In fact, by simply typing in a particular drug's name in Face book search engine yields several group Supporting the use of the drug Quoting a drug abuser from Japan: (Physorg.com,2009) Even less than 10 years ago, you had to go to specific areas ... to acquire illegal substances ... you really had to know where exactly to go, and when. Now, if you spend a few minutes online, it's really easy to get access to information about the soft stuff .Sale of drugs in school compound.A news report (Lee, 2012) stated that nowadays, students not only misuse drugs outside of school compound but also in class while the teacher is teaching. Which means, today, young people especially students need not wait till after school hours to gather at a point for drug abuse activity.

They do it in school, where every young individual in the nation is mandated to attend. In addition, news report (Lee ,2012) states that students are used to sell drugs. As students go to school every weekday as mandated, a student drug pusher would not face problem in introducing and selling drugs to classmates and schoolmates. Therefore, with the increase of student drug pushers in the school compound, the accessibility of drugs among the young generation is further increased.

The financial capability also ease of access to drugs in school compound, another scenario that adds to the accessibility of drug these days is the young generations' financial capability. For instance, a substantial number of students aged 13 to 17 years from several national and private schools in Kuala Lumpur, Selangor, and Negeri Sembilan admitted that they are drug abusers (Lee ,2012). Among this number of students, many come from middle and upper class families and hence given generous amount of pocket money, ranging from RM250 to RM1,500 per month (Lee ,2012). This generous amount of money, which is not necessary for a secondary or high school student, further increases the ease of teenagers in obtaining illegal drugs. The researchers further explained that the great sum of money on hand would eliminate one possible barrier in obtaining drugs.

Therefore, inappropriate amount of money on hand has become one of the factors contributing to the increase of accessibility of illicit drugs.

A special concern in recent years would be the increase in the use of 'club drug" at night clubs and dance parties. According to the study of Johnson, O'Malley and

Bachman (Johnson,2001), the main club drug is Ecstasy, methamphetamine that consist the hallucinogenic properties.

CHAPTER FIVE

SUMMARY OF FINDING CONCLUSION AND RECOMMENDATION

5.1 Introduction

This chapter provides a summary of major findings as deduced by the study, it also presents Conclusions, Recommendations and areas of further research.

5.2 SUMMARY OF FINDINGS

On home factors, table 4.5 showed that 28.5% Strongly Agreed, 30.7% agreed, 17.3% neutral 25.5%, Disagreed, while 8.0% strongly disagreed that many parents indulge in alcohol use in the presence of their children in Kabuchai Sub County respectively. Table 4.6 showed that, 24.1% strongly agreed, 36.5% agreed, 7.3%, neutral, 24.1% disagreed, while 8.0% strongly disagreed that whether there are many school dropouts in Kabuchai Sub County who engage in alcohol drinking and drug abuse. Table 4.7 showed that 33.6% strongly agreed 27.0% agreed, 22.6% .3% neutral disagreed, and 8.7% strongly disagreed respectively on whether there are norms regarding drug abuse in our community respectively. Table 4.8 showed that 20.0% very high, 44.5% high, 20.4% low, and 10.9% very low respectively that most parents have low socio economic status in the sub county.

On school factors, table 4.9 showed that, 32.1% very high, 26.2% high, 21.8% low, 19.7% very low respectively that there is pressure of work in schools among students in Kabuchai Sub County. Table 4.10 showed that very good leadership .18.2% good leadership, 27.0% good leadership, 42.3% bad leadership, 12.4% Very bad leadership respectively on the leadership style. Table 4.11 shows that 7.3% Very good, 24.8% good, 37.2% poor, and 23.4% very poor on the academic performance in Kabuchai Sub County respectively

On the individual factors, Table 4.12 showed those 8.0% students' environments, 29.2% Spiritualism, 35.0%, poor self control 23.4%, Aggressive behavior 4.4% poor communication influenced drug use among secondary school students in Kabuchai Sub County respectively.

On the access factors, table 4.14 showed that 49.6% sale of drugs in school compound, 28.5%, financial capacity, 21.8%.advanced technology of the students influenced drug use among secondary school students respectively.

5.3 Conclusion

On home factors, most parents' abuse alcohol in the presence of their children. There are many school dropouts in Kabuchai Sub County who engage in alcohol drinking and drug abuse. There are norms regarding acceptable patterns of drug use among the community in Kabuchai sub County. These norms expose students to alcohol which makes them become drug addicts. Cultural practices such as memorial services, circumcisions and marriage ceremonies have unchecked drinking sprees among students that goes unchallenged. Most parents have low socio-economic status in the sub County .Socio-economic factors such as lack of finances makes some parents to brew alcohol as a source of income generation, with their children as sellers and as a result exposing them to alcohol use.

On school factors, most students have no pressure of work. In most schools, there are poor leadership styles. There is also poor academic performance among most schools in the sub County. On individual factors, most students are influenced to drug use by poor self control among secondary school students in the Sub County. Aggressiveness is the least contributing to drug abuse. On access factors, most students are influenced to drugs abuse through selling of drugs on the school compound. The advanced technology has very little influence.

5.4 Recommendations

On the basis of the findings and conclusions above, this section presents the recommendations of the study.

1. On home factors and drug use among students, the study recommends that parents should be good moral to their children so that they could provide mutual assistance to stressed students and those challenged by the socio –economic aspect. The cultural practices at home during holiday should be regulated so that children's do not affected by drug use.

2. The study also recommends that schools should be free from drug use as recommended by NACADA. .Students should be encouraged to continue peer to peer relationship to help students' social coping skill and academic failure. Peer pressure problem should be dealt with through designing poster by showing negative impacts of drug use among students. The criteria to be used to leadership style should be acknowledged by all the stakeholders in the system
3. Concerning individual factors, the study recommends that school stakeholders should develop strategies to dealing with students who poor attitude toward academic as a way of reducing stress. Key things like life skills should be emphasized. The parents should monitor the children's behavior so that they can deal with stress and peer pressure. The school administration, plus other stakeholders should ensure that the school and home environments are free from drugs and other abused substances.
4. Concerning access factors the parents should regulate their children towards funny advertisement and some cultural practices that can easily influence drug use among secondary schools. The avenues for drug accessibility should be detected especially in schools so that no supply illicit drugs in the schools.

5.6 Areas for further study

A similar study to be carried out in other counties to compare the study findings.

- 1 .The influence of drug abuse on the co-curriculum activities among secondary students.
2. To what extent has poor school management influenced drug use among public secondary schools?
3. The influence of the masculine role and sex-related personality attributes.

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APPENDIX I: Transmittal Letter

Edwin Mukhandia

P.o Box 87

Chwele

Dear Respondent

Dear Respondent,

RE: FILLING OF THE QUESTIONNAIRE

I am a postgraduate student at the University of Nairobi carrying out a research project on the *determinants of drug use among students in secondary schools in Kabuchai Sub County*. I am humbly requesting you to kindly respond to the questions asked as sincerely as possible. The ultimate goal of the study is to provide insights into the aspect of drug use and abuse among students and assess how efficient the current methods of prevention of the vice have been so as to add the necessary helpful inputs against this adverse problem. I am assuring you that the information you will give will be treated with utmost confidence and will only be used for the purpose of this study. To assist in concealing your identity I request you not to write your name or anything that can lead to the revelation of your identity.

I will be very grateful for your co-operation.

Thank you in advance,

Yours Faithfully,

Edwin Mukhandia

APPENDIX II: RESEARCH PERMIT

APPENDIX III: STUDENTS' QUESTIONNAIRE (SQ)

The purpose of this questionnaire is to gather information about determinants of drug use among students in secondary schools in Kabuchai Sub County. I request you to feel free and cooperate in this exercise.

Instructions to the Respondent

Please indicate the correct option by putting a tick (✓) against one of the given multiple choices.

For your choice to indicate your level of understanding depending on you.

SECTION A PERSONAL DETAILS

1. Describe your gender
 - Gender Male
 - Female

2. County:.....

3. . Age of respondent:
 - 14-16 years
 - 16-18 years
 - 18-20 years
 - 20-22 years

SECTION B HOME FACTORS AND DRUG USE

Choose answers that best describes your decision

1. Parents indulge in alcohol use in the presence of their children's.

Strongly Agree () agree () Neutral () Disagree () Strongly Disagree ()

2. There are many school dropouts in Kabuchai Sub County who engage in alcohol and drug abuse.

Strongly Agree () agree () Neutral () Disagree () Strongly Disagree ()

3. There are norms regarding acceptable patterns on drug abuse in Kabuchai.

Strongly Agree () agree () none () Disagree () Strongly Disagree ()

4. Kindly rate the socioeconomic status of parents in the sub county.

Very high () High () Moderate () Low () Very low ()

SECTION C: SCHOOL FACTORS AND DRUG USE

Choose the best answer to describe your decision

5. How do you rate pressure of work at school?

Very high () High () Moderate () Low () Very low

6. How do you rate the leadership style in the Sub County?

Very good () Good () Bad () Very bad

7. How is the school academic performance?

Very good () Good () Poor () Very poor

SECTION D INDIVIDUAL FACTORS AND DRUG USE

Kindly follow the instructions given

9. Which one is the most influential factor on drug use?

- Students Environment
- Spiritualism
- Poor self control
- Aggressive
- Poor communication skill

SECTION: E ACCESSES FACTORS ON DRUG USE

Which one are the most contributing factors to drug use among secondary school students.

- Advanced technology
- Sales of drug use in school compound
- Financial capability