

**FACTORS INFLUENCING ALCOHOL ABUSE AMONG
SECONDARY SCHOOL STUDENTS IN NAROK SOUTH SUB-
COUNTY, KENYA**

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DECLARATION

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

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This project report has been submitted for examination with our approval as university supervisors.

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DEDICATION

I dedicate this project to my wife Ann Keiwua and my beloved children Esther and Benjamin.

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First, I wish to thank the Almighty God for giving me adequate grace to be able to progress this far in my academic pursuit. I am grateful to my supervisors Dr. Lucy Njagi and Mr Edward N. Kanori for their scholarly and insightful guidance and accepting to be my supervisors. Their guidance and patience to me from the genesis made my work to be integral and unbiased in every way. Special thanks go to Dr. Jeremiah Kalai, Chairman Department of Educational Administration and Planning, University of Nairobi and the entire faculty members in the Department of Educational Administration and Planning University of Nairobi for giving me a conducive environment for learning and achieving my dreams.

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LIST OF ABBREVIATIONS AND ACRONYMS

ACHAP	African comprehensive HIV/AIDS partnership
AIDS	Acquired Immune Deficiency Syndrome
GECA	Gale Encyclopaedia of Childhood and Adolescence,
HIV	Human Immune Virus
IPPD	Integrated Product and Process Development
KENDU	Kenya Epidemiology Network on Drug Use
NACADA	National Campaign Against Drug Abuse Authority
NDCA	National Drug Control Authority
UNIDCP	United Nations International Drug Control Programme
WHO	World Health Organization

ABSTRACT

The main purpose of this study was to investigate the factors influencing alcohol abuse among secondary school students in Narok South sub County, Kenya. The following research objectives guided the study; To establish the influence of drinking parents and alcohol abuse by secondary school students, to examine the influence peer pressure on alcohol abuse amongst secondary school students, to determine the influence of family economic status on alcohol amongst secondary school students and to determine influence of Maasai community perception on use of alcohol on alcohol abuse among secondary school students in Narok South Sub county. The study employed a descriptive research design. The study comprised of a target population of 39 secondary schools, 265 teachers and 39 principals. A total of 8 schools, 8 principals, 31 class teachers and 368 students who took part in the study. Data was collected by the use of questionnaire and interview guides. The collected data was systematically organized in a manner that facilitated analysis. Raw data was combined into themes and then summarized into frequency tables and percentages. The coding of categorized data was done according to the various themes stipulated by the question items. Data was then put in tabular forms for analysis by using Statistical Package for Social Sciences (SPSS). Descriptive statistics consisted of tabulation of frequencies and percentage distribution, measures of central tendency and standard deviations. The analyzed data was presented in tables of frequency and percentage distribution, bar graphs and pie charts. From the study, the following findings were made: is a significance relationship between peer influence ($p < 0.05$) and students' alcohol abuse ($p < 0.05$), there is a significant relationship between availability of financial resources and students alcohol abuse ($p < 0.05$), there is no relationship between cultural practices and usage of alcohol by students, lack of parental involvement in their children's lives influence alcohol abuse to a great extent, peer pressure influence students' alcohol abuse, there was a significant relationship between community perception on use of alcohol and students' alcohol abuse as indicated by 59.2% of the respondents. The study recommended that there was need for teaching school children about the inherent dangers of taking alcohol, Guidance and counselling, Teaching about drug use and abuse as a subject, Conducting seminars and debates and establishing strict school rules and incorporation of parents in school counselling sessions especially those with special expertise in the area of alcohol use and abuse. It was suggested another research to be done to cover other effects of alcohol abuse among students in Narok South Sub County.

CHAPTER ONE

INTRODUCTION

1.1 Background to the study

The abuse of alcohol is a developing issue in Kenya. With Almost 50% of the number of inhabitants in the Country being the young and in this manner there is concern in regards to the degree to which students engage in the use of alcohol and the age at which the practice commences (Central Statistics Office, 2001). There are a few reasons why students get involved in the abuse of alcohol. Liquor is an intense, state of mind modifying drug, and in the event that it is utilized by students brings forth intense wellbeing dangers for bodies and brains that are as yet developing. It can cloud judgment and meddle with educational achievement. For example, young people who misuse alcohol may remember 10 percent less of what they have acknowledged than the people who don't drink (Brown 2010). Alcohol may similarly provoke to extended sexual development, presentation to sexually transmitted contaminations, off the cuff pregnancy, self-ruinous and harsh lead, criminal activity, harm, and death (Johnston, 2010).

Jemigan (2011) reports that globally high school students are beginning to drink prior. The age at which a man first uses liquor is a capable indicator of lifetime the abuse of alcohol and reliance. More than 40 percent of people who start drinking before they are develops enough create liquor reliance sooner or later in their lives (Grant & Dawson, 1997). There are a few variables that should be considered in connection to the abuse of alcohol among secondary

school students. One of these is parental impact, with a few guardians being unconscious of what kids are gaining from them. It has been found that guardians who mishandle liquor will probably have youngsters who will mishandle liquor (Melgosa, 2012). In this way learned conduct in the home/family environment is a noteworthy calculates the cycle of mishandling. Guardians are not by any means the only individuals who have an impact on secondary school students' way of life.

It has been found that associate weight assumes an impressive part in forming the conduct of an individual (Cue, 2010). In this sense young people, specifically, have a tendency to do what their companions are doing keeping in mind the end goal to be acknowledged in that specific gathering. Along these lines a person who does not drink may wind up surrendering to the practice because of the impact of partners (Cue 2010). Besides, monetary status of guardians assumes a fundamental part in the alcohol use by secondary school students. Those of higher financial status have been found to mishandle liquor since they have admittance to assets empowering them to secure it (Eide2008). In low salary regions with restricted recreational offices the adolescent, recognize soft drinks as a wellspring of amusement and liquor utilization as an adequate escape from reality (Garis, 1998).Alcohol adds to traumatic results that slaughter or handicap at a moderately youthful age, bringing about loss of numerous years of life because of death or inability. There is expanding proof that, other than the volume of liquor, the example of the drinking is significant for the wellbeing results (WHO, 2010).

Evidence on the Kenyan situation from a recent national report, showed that 85% of high school students surveyed admitted to having tried alcohol, with 40% reporting occasions of heavy drinking, while 48% indicated that they have been “drunk” in the past 60 days (NACADA, 2008). Of the alcohol related deaths, 5 are due to unintentional injury such as falls, hypothermia, and drowning, over 3 due to motor vehicle accidents (G.O.K, 2009). Alcohol use has also raised concerns to parents and teachers who complain about alcohol use by the students that they are underperformers in exams (Obi. 2013). Distinctive variables, for example, parental impact, peerpressure, financial status and social point of view will be taken a gander at in connection to the issue. Because of the creation of sorghum on an expansive scale customary brew is produced using this harvest. One such drink is 'Busaa', a home-blended mixture arranged from industrially delivered sorghum powder.

This is for the most part utilized by the elderly. High school students fall back on liquor and the use of drugs for joy and energy as well as to conquer dissatisfaction (Hope, 1999). Under such conditions, secondary school students will probably encounter worry, to take part in evasion adapting by utilizing liquor or different substances, and to connect with liquor - utilizing peers (Baer and Bray, 2009).One of the proposed national techniques in the drive for an educated and taught country by the year2030 (vision 2030) is the presentation of legitimate obligation by guardians for the activities of their youngsters. Various researchers such as Dube (2006), Kyalo (2010), Ngesu (2011) and NACADA (2008)among others; have done related studies mainly

on the role of parents in drug and substance abuse, drug abuse in schools and effects of drug and substances abuse.

1.2. Statement of the problem

Education system and learners are affected and interrupted both in the short and long run if high school students keep dropping out of school because of alcohol. Fear of students abusing alcohol is a constant concern for millions of people all over the world. The abuse of alcohol among the young is a marvel in all nations, and an expansion in their vicious conduct has been of impressive worry over the previous years everywhere throughout the world (Beck & Hungler, 2004). A portion of the increments in youth wrongdoing have come about because of youth mishandling liquor (Levine, 2014).

As of late, there has been huge increment in youth mishandling liquor in created nations. Africa has been no exemption in the ascent of liquor manhandle among the young. In Kenya, it is surprisingly more dreadful in our instructive organizations where youth the abuse of alcohol have brought about obliteration of property worth a large number of shillings and loss of lives; for example, the recent Narok high school and St. Marys Secondary Schools both in Narok County were in the news over the burning of their dormitories that resulted in the loss of property (Daily Nation, July 25th 2016).

The key question is: why are high school students indulging in alcohol use? Studies have been done on other aspects of alcohol, such as the prevalence of alcohol use but a gap has been left concerning the underlying factors. It is

against this knowledge gap that this study may undertake, seeking to establish the underlying factors leading to alcohol use by high school students in Narok South sub-county with a view to coming up with mitigating strategies and interventions to curb the vice.

Many cases of youth using and abusing alcohol have been accounted for and seen in the group. It is the aim of the agent to do a study to build up the apparent elements impacting the abuse of alcohol among secondary school students of Narok South Sub County. This is because of the way that the adolescent are the future pioneers of any nation thus the abuse of alcohol among them may dive the nation into profound emergency at present and later on.

1.3 Purpose of the study

The purpose of this study was to investigate the factors influencing alcohol abuse among secondary school students in NarokSouthSub County, Kenya.

1.4. Objectives the study

The objectives of this study were as follows:

- i. To establish the influence of drinking parents and alcohol abuse by secondary school students in Narok South Sub County.
- ii. To examine the influence peer pressure on alcohol abuse among secondary school students in Narok South Sub County.
- iii. To determine the influence of family economic status on alcohol among secondary school students in Narok South Sub County.

- iv. To determine influence of Maasai community perception on use of alcohol on alcohol abuse among secondary school students in Narok South Subcounty.

1.5. Research questions

The following were the research questions;

- i. What is the connection between parental influence and alcohol abuse by secondary school students in Narok South Subcounty?
- ii. What is the influence of peer relationship with regard to alcohol abuse among secondary school students in Narok South Sub county?
- iii. What is the relationship between family economic status and alcohol use and abuse by secondary school students in Narok South Sub county?
- iv. To what degree doMaasai community perception on alcohol use relevant to alcohol use and abuse by secondary school students in NarokSouth sub county?

1.6 Significance of the study

The study may provide useful information to the policy makers on possible ways of dealing with alcohol abuse in learning institutions. In addition, the study would also be of interest to school administrators and counselors in helping them design ways of reducing the problem of alcohol abuse in schools. Discoveries of the study may likewise assist instruction professionals with determining systems for helping secondary school students who are utilizing liquor and as a part of building up counteractive action programs. The

study may include to accessible research liquor manhandle among youthful people. This study may lay the basis for further experimental investigation of the need to direct nitty gritty studies that will get direct data from teenagers on their purposes behind utilizing liquor.

1.7 Limitation of the study

The major limitation was the secrecy involved in the issues of alcohol abuse by students. Due to the sensitive nature of alcohol use, some individuals did not feel free to give the true picture of the problem. The other challenge encountered while seeking to undertake this study was apathy from respondents with the thought that they could be victimized and the busy schedule of principals and class teachers. This was redressed accordingly by assuring the respondents that their identities would be concealed and not revealed whatsoever (for apathy from respondents) and making early appointments with the respondents to avoid disappointments (for busy schedule of principals and class teachers)

1.8. Delimitation of the study

The study was delimited to public secondary schools in Narok South Sub County. The respondents were principals, teachers and students of public schools in Narok South Sub County. The second delimitation was based on the variables of the study. Although there are many factors related to alcohol the researcher focused on parental influence, peer pressure, family economic status and Maasai community perception on alcohol uses as the main variables of the study.

1.9 Assumption of the study

This study was guided by the following assumptions;

- i. That those were interviewed were cooperative to give relatively true information that could be relied on in giving a true picture of the situation on the ground.
- ii. That Students from the selected schools and their parents are from the same cultural background.

1.10 Definition of significant terms

Abuse refers to the wrong use of a substance, for instance, an overdose of a medical drug.

Alcohol alludes to a synthetic aggravate that, when ingested has, a pharmacological property of changing the working of the sensory system.

Busaa refers to unlicensed traditional place, where mixed refreshments are now and again prepared and constantly sold whenever advantageous for the merchant and the purchaser.

Culture refers to the convictions, traditions, expressions, of a specific culture, gathering, put, or the state of mind, carrying on or working that exists in a place or association.

Parental influence refers to any assessment, demeanor, or activity (other than direct mentoring) that some way or another shapes or forms the kid's states of mind and behaviors.

Peer pressure alludes to the social impact a peer group applies on its individual individuals, as every part endeavors to fit in with the desires of the gathering.

1.11 Organization of the study

The study is composed into five sections. Section one comprises of foundation of the study, articulation of the issue the reason for the study, explore questions inquire about targets, the fundamental presumptions of the study, criticalness of the study, constraints of the study and delimitations of the study, operational meaning of key terms and association of the study.

The second part manages the audit of the related writing it included the concept of alcohol abuse and its effect; parental influence and alcohol abuse, peer pressure and alcohol abuse; economic status and alcohol abuse and cultural perspective and alcohol abuse, summary of literature review, theoretical frame work and conceptual frame work. The third chapter outlined the research methodology under: research design, target population, sample size and sampling procedures, research instruments, validity and reliability of instruments, data collection procedures and data analysis technical and ethical considerations. The fourth chapter presents data analysis and interpretations while the fifth chapter presents the summary of the study, conclusions, recommendations and area for further study.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1 Introduction

This section talks about the writing encompassing the issue and the substance traverses the worldwide field, Africa as a rule, and Kenya specifically. Many studies have examined the reasons or hazard components required in liquor use among young people. Data assembled from past studies was utilized to give a comprehension of the elements that could add to liquor mishandle among students. The writing displayed tries to build up the relationship between liquor utilize and mishandle and parental impact, peer pressure, family economic status of parents and Maasai community perception on alcohol use. After this the theoretical framework and conceptual framework of the study are presented

2.2 Alcohol abuse amongst students

Liquor utilize and mishandle by youngsters, and issues connected with this conduct have been a piece of mankind's history for quite a while. What is distinctive today is expanded accessibility of a wide assortment of liquor substances and the declining age at which experimentation with these substances occur (WHO, 2005). Different makers and experts have shown that there are many contributing components to alcohol misuse among students. Rice (1988), states that in a school setting, alcohol misuse impacts the posterity of the rich and furthermore those from poor families. Shoemaker (1994)

battles that medicine misuse is brought on by a blend of characteristic, natural, and mental factors.

According to the United Nations (1992), alcohol customers, as different people search for underwriting for their lead from their partners whom they attempt to convince to oblige them in their penchant as a technique for searching for affirmation. Whether peer pressure has a positive or negative impact depends on upon the way of the partner collect. Tragically, a comparable partner weight that exhibits to keep a social event inside a recognized set of principles can in like manner push a defenceless individual down the wrong way. Karugu and Olela (1993) asserted that there is a basic relationship between the subjects' alcohol using conduct and the commitment of their colleagues in pharmaceuticals. Agreeing (Karugu and Olela (1993), if adolescent accomplices with various young people who use alcohol, the risk of relationship with meds is further extended. Much has been said and written in regards to the relationship between the home environment and liquor manhandle. The family particularly the guardians are the youngster's fundamental mingling operators. Muthigani (1995) shows that a tyke picks up his/her first principles of conduct from the educating of guardians and other adult people around. She contends assist that if the tyke watches a disjuncture between guardians' instructing and practice, it makes question, which is conveyed into puberty offering ascend to freak conduct. Shoemaker (1994) partners misconduct, for instance the abuse of alcohol with careless, conflicting or oppressive parental teach. The way of parent-kid cooperation

and the general environment inside the house is reliably identified with misconduct among the adolescent. Moreover, having a parent with a liquor issue builds the odds of building up a similar issue creating in the posterity.

A study report discharged by NACADA in Kenya in 2004 says that, youngsters somewhere around 10 and 24 years, whose guardians utilize or offer liquor and different medications, are probably going to manhandle these substances. On occasion youth, including students, who offer for guardians, are themselves presented to liquor manhandle at the appointed time. Schaefer (1996) affirm that there are different components that cause youngsters to mishandle liquor and even get to be dependent. These incorporate family systems, connection and home situations. Schaefer (1996) incorporates that youngsters with poor home reinforce tend to search for support and seeing elsewhere. Many find affection, understanding and support in the lifestyle of alcohol misusing subgroup. Because of the various socialization operators, for example, the associate gathering, instructors, broad communications, the Government and the Church and connection with various individuals, people are getting values that go past those of their quick restricted culture. Since the family is less required in socialization of the youthful, next to no is conveyed to the youthful in the method for qualities and traditions. Accordingly the customary esteem framework has been dissolved prompting to good wantonness. Accessibility and cost of liquor is connected with liquor manhandle. As per Kaguthi, the NACADA executive in 2004, accessibility of liquor may prompt to liquor manhandle. This empowers the utilization and the

possible mishandle of liquor by the adolescent. As per the report, the prepared accessibility of liquor has all the earmarks of being the most essential reason for the commonness of liquor utilize and mishandle among Kenyan youth.

Another hazard figure connected with scholastic accomplishment among optional school students is weight to perform. Guardians and different individuals from the family put high esteem on achievement in school and the opposition can frequently be intense. Youngsters concentrating on for examinations hence report the utilization of alcoholic stimulants like ethanol to keep them conscious and alert and this may prompt to reliance on these alcoholic substances (Oviasu, 1976). Different variables connected with liquor mishandle among students incorporate school disappointment. Schools should be worried with the full advancement of kids including their good and scholarly welfare (Uba, 1990). As indicated by Hawkins (1988), some school-related elements fuel previous issues and causes. Foremost among these are a negative, messy, dangerous school atmosphere and low instructor desires of understudy accomplishment. Furthermore, absence of clear school strategies on medication mishandle may likewise add to liquor mishandle among students.

Karechio (1996) contends that students frequently purchase and take mixed beverages on school property, loaning believability to the myth advanced by medication clients that everyone is doing it. Social weight from media and companions is a general hazard calculate for substance utilize and mishandle among teenagers in created and creating nations (Obot, 2005). This is

particularly regular in urban ranges where there is across the board introduction to promoting on radio, TV and announcements. Youngsters in urban regions are more presented to pictures and messages advancing liquor than their partners in provincial zones.

Schaefer (1996) agrees with this contention affirming that outside weights, particularly the media, have an impact on the abuse of alcohol among the adolescent. As indicated by him, the measure of time youngsters spend sitting in front of the TV impacts their conduct. He goes ahead to state that weight to utilize liquor has enormously expanded as youngsters are ceaselessly barraged with the message that liquor is the response to every one of their issues. A study by Kombo (1997) in chose schools in Kenya demonstrated that the sort of tutoring has an impact on liquor manhandle among students. As indicated by him, experimentation with basic alcoholic substances was all the more as often as possible reported by Kenyan youth who have gone to day schools as opposed to life experience schools. The reasons given were that, life experience school learners are all the more nearly observed, while day school students are regularly more presented to the abuse of drugs as they move to and from school day by day.

Imbosa (2002) completed a study in six boys optional schools in Nairobi with the point of discovering the procedures and projects utilized as a part of the schools to build tranquilize mindfulness and check their utilization and mishandle. The study included both students and instructors. It set up that liquor utilize and mishandle happens in the understudy populace as aftereffect of a mind boggling scope of variables incorporating parental engagement in

liquor mishandle, discouragement, uneasiness, learning challenges and low self-regard, all of which are past the extent of the projects set up by the schools to address the issue.

2.3 Influence of drinking parents and students alcohol abuse

In an investigation of parental conduct and medication use in California, Kimberly (2001) found that substance use by guardians is connected with substance mishandle by their youngsters. The study, directed among pre-immature school youngsters, looked at the parental impact on liquor by alcoholic guardians with non-alcoholic guardians. The outcomes showed that alcoholic guardians will probably have alcoholic kids than non-alcoholic guardians. These elements incorporate parent-kid connections described by an absence of closeness, poor and conflicting parental train, and absence of observing or satisfactory supervision which eventually prompts to the abuse of alcohol with respect to the teenagers. This is on the grounds that young people are allowed to impart their encounters and difficulties to the guardians and parental figures and get the important direction or support (Catalano, 1999).

A longitudinal study was directed in the Netherlands by (Engles, 2005) showed that youth issue practices, for example, absence of poise and animosity in male kids and in addition guardians liquor mishandle, added to improved levels of savoring issue youthful adulthood. At last such kids wind up mishandling liquor as a method for dealing with stress. In an investigation of parent Figure moves and misconduct and liquor use among early immature offspring of substance abusers in Kansas City, USA, Keller (2002) show that

kids and young people who encounter family unsettling influences because of separation and remarriage ordinarily exhibit more elevated amounts of forceful, insubordinate, reprobate conduct and liquor and the abuse of drugs.

One noteworthy finding of concern is the relative absence of parental inclusion in youthful youngsters' lives as they invest a lot of energy with different companions despite the fact that guardians may give physical care, for example, apparel, haven and food(Masilo, 2005). This has driven a few youngsters to receive undesirable practices, for example, the utilization and mishandle of liquor and other inebriating substances (Ministry of Education, 2006).The Kenya Ministry of Health Service (2002) led a national study on pervasiveness and social results of liquor use among in-school and out of school youth in the nation. Discoveries demonstrate that it is a socially acknowledged standard that youngsters are sent day by day to run errands for their folks including the buy of liquor. Apparently this standard and additionally watching their folks drink, adds to their figuring out how to mishandle liquor themselves.

In the Ghana overview 52 percent of respondents concurred that their drinking conduct was impacted by that of their folks. In an investigation of liquor utilization among ladies in the rustic town of Igbo-ora, Nigeria, the discoveries demonstrate that solitary, isolated or separated ladies will probably drink than wedded or widowed ladies. The respondents expressed that the significant issue connected with their drinking was that their youngsters expected a similar example of conduct (Mammnan 2002). Masoloko (2005) found that

parental impact have critical influence in a version of tyke formative shortfalls and at-hazard practices that may put kids at a financial weakness in future. Guardians are in a position to impact youngsters and along these lines frame a critical compel in get ready youth to have their spot in future as guardians and laborers. A study led by (Nthomang, 2002) among more than four hundred male and female respondents, including youngsters, built up that liquor frequently brings about absence of restraint and self-restraint which prompts to reckless sexual practices. In spite of the fact that this is referred to as an outcome of the abuse of alcohol the round way of circumstances and end results adds to the supportability of negative components. Utilize, observation, and endorsement of liquor use by relatives (mother or father) are accounted for to add to teenagers' alcohol use.

Boitshwarelo (2001) directed a subjective study in Kisii Kenya, the motivation behind which was to evaluate the effect of a mother's alcohol use on her youngsters. The discoveries unmistakably showed this affected contrarily on families as the concerned moms did not give sufficient care to their youngsters. Aggressive behavior at home was on the expansion because of one or both accomplices drinking liquor. Besides, instances of assault of ladies who mishandle liquor were turning out to be more regular, individuals were being ambushed by tipsy people, family breakdown was occasioned in light of the fact that one accomplice couldn't endure liquor actuated practices of the other, and street mischances were multiplying a direct result of inebriated driving.

Guardians are a major part of the system to avert underage drinking. Concentrates on have demonstrated that high schoolers pay a lot of thoughtfulness regarding the states of mind and estimations of their folks with regards to their own basic leadership about when to start drinking. Guardians ought to be watchful about the sorts of messages sent to teenagers. For instance, guardians may believe that they are communicating something specific about drinking with some restraint by permitting their high schoolers to drink at home and by drinking at home themselves. Yet, in all actuality, what the teenagers leave away with is the message that underage drinking is OK – and not exactly at home. It is likewise fitting for guardians to organize extracurricular exercises that the adolescents can take part in while school are shut by including them in group exercises like turning into the group pioneer for exercises for more youthful kin, the youngster has less time to consider going off and getting included with associates and drinking liquor just to hang loose or get high. Volunteering or after-school occupations can outfit adolescents with a chance to end up more competent, to be displayed to various adults, and to develop new aptitudes and interests. A couple of families even hunt down open entryways for students and watchmen to volunteer together, as a way to deal with continue constructing their relationship in an impartial zone.

Guardians can likewise get to be included in school exercises and strategies went for counteracting underage drinking. Guardians ought to know, for instance, which schools give discussions that clarify liquor's impacts on adolescent bodies and what the conceivable results are for drinking and driving. Know which direction advisors are accessible to examine the subject of liquor and its dangers with students. Look into demonstrates that urging students to discuss and comprehend the threats of liquor is a decent approach to keep them from bringing up with liquor in any case.

2.4 Peer pressure and alcohol abuse

Allies/peers are people who are a bit of a comparative get-together. The expression "peer pressure" suggests the effect that partners can have on each other. Regardless of the way that buddy weight does not by any means have to be opposite, the expression "weight" recommends that the strategy impacts people to do things that perhaps impenetrable to, or may not for the most part do. So ordinarily the term peer pressure implies to socially undesirable practices, for instance, experimentation with alcohol, rather than socially alluring practices, for instance, academic accomplishment, in spite of the way that it could be associated with either, and either could be a constructive or a contrary difficulty for the individual.

The National Institute on Drug Abuse reports that companions affect liquor abusing behavior. Numerous adolescents utilize sedates interestingly to abstain from being trashed by their companions or to impress others. The National Youth Anti-Drug Media Campaign prompts that the most ideal path

forteens to abstain from surrendering to associate weight is to be set up ahead of time with thoughts of what they want to state. Guardians can enable high school learners by pretending circumstances. The parent expects the part. A study did by Michigan University discovered that associate impacts have been observed to be among the most grounded indicators of liquor use amid immaturity. It has been contended that companions start youth into liquor, give liquor, display alcohol using behaviors, and shape mentalities about liquor. As per NACADA (2010) 65.5% of the guardians don't have a clue about their youngsters companions. This puts the children at a risk of being introduced to alcohol abuse without the knowledge of their parents. According to the same study parents are not available for their children partly because of their busy schedule and the fact that children spend most of their time in school.

Peer pressure can be both negative and positive. What is of worry in this study is negative associate weight. Youngsters get to be included in liquor utilize, pack participation, and pre-conjugal sex which can prompt to wrongdoing, premature birth, and conceptive medical issues (Darcy et al, 2000). Since youngsters by and large invest more energy with companions and less with families amid their move into adulthood, peers have the most vital impact on their everyday practices (Steinberg, 1992).Both guardians and associates have been found to add to pre-adult improvement though in various ways (Dryfoos, 1990; &Laible 2000). Absence of recreational exercises has driven youth and grown-ups to drink liquor as the main wellspring of amusement accessible to them (William, 2000).The predominance of liquor utilize has been researched

in various settings including the instructive environment. Schools and colleges have likewise figured strategies to address liquor use on their grounds.

An investigation of liquor utilize and mishandle among youngsters at a youthful age were recognized by Molamu&MacDonald (1996) who led an investigation of liquor use among ladies amasses in Kenya. The discoveries demonstrated that kid disregard was an issue, and that a few guardians offer nourishment to purchase liquor while others offer liquor to their kids as a sustenance substitute and to fight off craving. The Rapid Situation Assessment Survey on Substance Abuse and Drug Trafficking in Kenya by the Drugs Regulatory Unit, Ministry of Health (2001) noticed that 66% of the Kenya youth test populace crosswise over monetary gatherings had explored different avenues regarding liquor, with almost 18 for every penny of the females utilizing it periodically, about 22 percent of guys utilizing it in any event week after week, and 11 for each penny more guys drinking once in a while. The liquor use figure among the adolescent in Kenya is 40 percent.

The concentrate likewise noted variables that have been connected with the presentation and support of drinking among youngsters in Kenya. These are: age (high hazard age begins from 14 for guys and 18 for females); sex (male consumers dwarf females by a 2:1 proportion); living with step guardians or alone; parental drinking (affecting prologue to drinking as well as examples of drinking); students and staff at the University of Nairobi completed in 1996 secured the view of the alcohol use, the impacts of drinking conduct on

grounds, the degree of liquor utilize, and how the abuse of alcohol can be overseen (Forchheh 1996).The discoveries uncovered that both staff and students at the University had endured the negative effect of manhandle of liquor in somehow. The results included taking part in genuine contentions, hindering of streets with vehicles, physical and rape, and undesirable lewd gestures. Students' drinking propensities were primarily exhibited in organization with their associates and companion impact was noted as a critical figure liquor manhandle by youngsters (on the same page). Mahilo (2003) in Maun (Botswana)found that companion weight contributed an incredible to youngsters drinking. A large portion of the youngsters do as such to awe their companions and to be acknowledged in the gathering.

Tshiamo (2000) led an overview among a large portion of Universities.It is realized that how one uses their time can impact substance utilize conduct. This is particularly valid for the unstructured exercises done by teenagers or youth. Thinks about have been done which explored the relationship between relaxation time with associates, after school exercises and substance utilize. The outcomes demonstrated that time spent on different social and recreational exercises like nighttimes out, going to parties, going to bars, bars, or clubs, getting together with companions casually and dating all had positive association with substance use. Because medicine and alcohol use is exceptionally influenced by the miens and saw guidelines of partners, school-based techniques that are keen on every understudy in the school are required, despite methodologies that target solution using young people (Winters,

2007). School-based tasks may join school-day, created day, or afterschool activities, may be passed on by school work drive or by gathering based facilitators, and may be required (like a prosperity instructional course) or purposeful (like an elective or a drop in afterschool program). Effective approaches to manage school-based medicine and alcohol shirking fuse demonstrating to students generally accepted methods to restrict peer impacts, upgrading nonexclusive life aptitudes, including families, and offering opportunities to wind up required in positive experiences with others in the school and gathering (NIDA, 2003).

2.5 Family economic status and alcohol abuse among students

Africa confronts various formative difficulties. While the landmass has gained great ground over the previous decade in the region of administration, much still should be done to enhance the monetary norms of the general population. The arrangement of essential administrations, for example, instruction, water, and sanitation remains a genuine test for all African nations. Also, the greater part of the landmass' populace still live on short of what one US dollar for each day (World Drug Report, 2000). In the Republic of South Africa benchmark appraisals in urban and rustic territories found that the utilization of substances, for example, liquor was more basic among the extremely youthful male and female occupants of low financial status (WHO, 2002).

The United Nations Development Assistance Framework led a study in Namibia (2004) to distinguish the quick reasons for HIV/AIDS. The outcomes demonstrated that Namibia's high HIV predominance is incompletely because

of unprotected sex with tainted people. Youth unemployment was assessed to be as high as 60 percent prompting to an expanded feeling of misery, expanding liquor and the use of drugs, and resulting unsafe sexual conduct. An irregular study of school kids between the ages of 12 and 21 found that 22 percent of young men and 28 percent of young ladies between the ages of 12 and 14 had taken a stab at drinking liquor.

As indicated by their age amasses the likelihood that they may keep on being liquor abusers as they become more seasoned was 21.1 percent for individuals of 14 years or less, 29.5 percent for 15 to 16 year olds, and 46.1percent for 18 to 20 year olds. Encourage investigation of this information found that students from higher financial foundations will probably display a worldwide social introduction, which thus was identified with more noteworthy alcohol use (Eide and Acuda, 1996).

The National Household Survey Kenya (1999), endeavored to better comprehend the utilization and manhandle of liquor in everyday life among the young in Kenya. It was found that, when young people achieve age 12, 18.2 for every penny are standard consumers and by 17 years, almost 72 for each penny are consumers. The discoveries demonstrated that most respondents reported being acquainted with drinking by noteworthy others (family or companions) and those they just enjoyed the practice on uncommon events like gatherings and functions. They likewise referred to fatigue, absence of business and instruction openings, the need to manufacture

certainty and manage dissatisfaction, and companion weight as explanations behind liquor utilize (Semele, 1997). A study led by the Ministry of Health in Kenya (2002) observed that young occupied with liquor utilization in light of absence of business, instructive open doors, and recreational offices, furthermore as an after-effect of associate weight.

A study led in Old Naledi by William (2000), demonstrated that drinking was normal among youthful and more seasoned residents due, in expansive part, to components connected with destitution. In Tanzania it was found that, in living conditions which are described by sick wellbeing, absence of sufficient social services, poor or non-existent formal instruction, unemployment, weakness, and poor environmental sanitation, individuals tend to drink as a wellspring of excitement and escape from their distressing way of life.

A man who is frequently affected by liquor will have little inspiration or enthusiasm for working, unless it is to acquire cash to purchase more liquor. One specific issue is that a standard consumer can without much of a stretch turn out to be monetarily obliged to liquor merchants who are just excessively satisfied, making it impossible to give liquor using a loan. As discoveries showed that youthful youngsters in this group are offered liquor to fight off the impacts of craving it may be accepted that drinking turns into a necessary piece of life from an early age for a few and this, joined with endemic neediness, makes these youngsters helpless against the control of liquor sellers.

2.6Maasai community perception on alcohol use and alcohol abuse among students

Direct and dependable drinking is thought to be a piece of ordinary and healthy lifestyle in many groups and examples of drinking are to a great extent socially decided. The choice to drink by both grown-ups and youngsters is inspired by an assortment of elements, for example, social worthiness of liquor utilization (Ministry of Health, 2000).Alcohol has assumed a focal part in every single human culture since Neolithic times (around 4000 BC).

All social orders, no matter what, make utilization of inebriating substances, liquor being by a long shot the most common;(Pittman and White, 1991).From the soonest recorded alcohol use, drinking has been a social movement, and both utilization and conduct have been liable to deliberate social control (Douglas, 2007).In numerous nations, especially in Europe, there are early indications of a move towards more negative/irresolute convictions in beforehand positive/coordinated drinking-societies, which may bring about an expansion in liquor related issues (Moon, Hecht, Jackson, and Spellers, 1999).

Liquor utilization is obviously identified with various social convictions about liquor, hopes in regards to the impacts of liquor and social standards in regards to intoxicated part. Alcohol related problems are connected with particular social elements, identifying with convictions, states of mind, standards and anticipations about drinking. Liquor is available in numerous social settings, for example, social functions and gatherings. Drinking conduct differs broadly - socially, socially, and by and by. The convictions and hopes of a given

culture can change. In numerous nations, especially in Europe, there are early indications of a move towards more negative/undecided convictions in beforehand positive/coordinated drinking-societies, which may bring about an expansion in liquor related issues.

Young people from various ethnic and social gatherings contrast in the recurrence and settings inside which they are offered substances, and in their refusal methodologies (Moon, Hecht, Jackson, and Spellers, 1999). Young people tend to buy alcohol, tobacco, and distinctive substances if they are available in stores. Explore has exhibited that school-going youth imagine that its easy to buy alcohol from holder stores, supermarkets, bars, and busaas (Parry, 1998).Africans have a long history of the part of liquor in their general public. Individuals and societies crosswise over Africa ought to find out about the drinking encounters of societies that appreciate the social and medical advantages of liquor while maintaining a strategic distance from the pitfalls of abuse and manhandle.

In many parts of the nation particularly in Narok by the maasai individuals there are prevalent views in light of eras of experience and strengthened by society adages hold that the individuals drink's identity more stimulating and tough than the individuals who don't, and their posterity are additionally [healthful and hardy].In option, liquor utilize is incorporated with numerous other human exercises e.g. wedding services, paying of endowments and other social festivals and is not saw as a disconnected wonder.

While every contemporary culture force a few limitations on "underage" drinking, both the meanings of "underage" and the way of the confinements change broadly (regardless of expanding consistency in official, lawful controls) with more unbending confinements in "conflicted" drinking-societies and more tolerant methodologies in "coordinated" drinking-societies. Through the span of socialization, individuals find out about inebriation what their general public `knows' about tipsiness; and, tolerating and following up on the understandings in this manner granted to them; they turn into the living affirmation of their general public's lessons. (MacAndrew, C., and Edgerton, R.2000).

Further discoveries demonstrate that these informal principles, and the deliberate conventions of drinking ceremonies, have more impact on both levels of utilization and drinking conduct than "outer" or lawful controls. In all social orders, mixed refreshments are utilized as intense and flexible typical instruments, to build and control the social world. The alcohol use mirrors a general public's conditions, encounters, and values.

Group individuals ought to gather as one to move in the direction of successful approaches that demoralize the alcohol use by students This incorporates, yet is not constrained to, endeavors to police and arraign store proprietors who offer liquor to minors, charging students who are gotten with ownership of liquor as a wrongdoing (which may bring about prison time), instructive endeavors about the outcomes of underage drinking, and observing of publicizing of liquor in the group.

2.7 Summary of literature review

The literature review has shown that drinking parents, peer pressure, family economic status and Maasai community perception on alcohol abuse influence alcohol abuse amongst secondary school students. Studies done by Kimberly (2001) found that substance use by guardians is connected with substance mishandle by their kids and alcoholic guardians will probably have alcoholic youngsters than non-alcoholic guardians. Considers by Steinberg (1992) built up that since high scholars for the most part invest more energy with associates and less with families amid their move into adulthood, peers have the most critical impact on their everyday practices. A few concentrates likewise done by Eide and Acuda (1996) uncovered that students from higher monetary foundations will probably show a worldwide social introduction, which thus was identified with more prominent utilization of alcohol. A report by Ministry of Health (2000) set up that the choice to drink by both grown-ups and youngsters is spurred by an assortment of components, for example, social worthiness of liquor utilization. These factors influence alcohol abuse amongst students in different parts of the world but the extent to which they influence secondary school students in Narok South Sub-county is yet to be established hence the rational for the study.

2.8 Theoretical framework

This study was guided by social cognitive learning theory by Albert Bandura (1996). According to theory behaviour is dictated by the people perspective, the earth and conduct itself. This implies people decide their own particular

conduct while affected by the ecological components and their own particular conduct. The social intellectual learning theory point of view underscores social perception and not just adapting. For instance individuals who trust that liquor improves them significant others will be more inclined to utilizing liquor.

There are general standards which control the social learning theory. The main guideline is consideration. Bandura trusts that conduct is affected by consideration regarding what is going on in the earth. The writing uncovers that one of the variables connected with the abuse of alcohol among youngsters is parental conduct, especially portrayed by substantial alcohol use. Cui et al (2002) express that guardians are more persuasive in their kids' lives than any other person, forming their considerations, emotions, and practices. However guardians are neither the main impacts nor the main ones with duty. Peers and different grown-ups, hereditary qualities, the media, and different sources additionally assume essential parts (Cui 2002). This then incorporates peer pressure which is additionally recognized by the writing as a contributory consider the instance of liquor utilize and manhandle.

The second rule is maintenance. With a specific end goal to imitate modelled behaviour people must code the data into long haul memory that will be equipped for recovery. Spectators must perceive the watched conduct as well as recollect that it at some later time (Bandura, 1977). Guardians are good examples to their kids, especially in the early phases of improvement, and as the kid develops they watch and rationally record parental conduct (Brown and Brown, 2003). Then again, young people impact their companions by

displaying practices and setting social standards. In this sense the individuals who don't generally drink have a tendency to do as such keeping in mind the end goal to be acknowledged by a specific gathering.

The third rule is engine propagation whereby the eyewitness must have the capacity to replicate the modelled behavior. This procedure incorporates the physical propagation of the watched movement through physical capacity, self-perception, and input (Bandura, 1977). Teenagers who drink don't do as such in a vacuum. The procedure begins with the on-going perception of key Figures and their liquor utilization propensities. Many will then stick to this same pattern. This satisfies the goal of distinguishing an association between family working and liquor manhandle. Guardians are in a position to impact kids and hence shape a critical constrain in get ready youth to have their spot as guardians and laborers. Positive child rearing can counterbalance the issues ordinarily connected with lower financial status of people and groups. These issues incorporate, between alia, dropping out of school, spread of HIV/AIDS, high school pregnancy, the abuse of alcohol, taking part in criminal exercises, as wellas the money related reliance disorder (Masoloko, 2005).

The fourth guideline is fortification. In this procedure the spectator hopes to get encouraging feedback for duplicating the demonstrated conduct. Spectators will play out the demonstration just in the event that they have some inspiration or motivation to do as such (Bandura, 1977). The writing uncovers that teenagers who begin drinking because of the impact of others, will do as such on the grounds that they need to be acknowledged in that

specific gathering or to feel part of the gathering (WHO, 2003). The fifth guideline is ecological variables. Bandura (1977) states that natural encounters have an impact on the social learning of any sort of conduct in youngsters be it positive or negative. The writing survey clarifies that teenagers from situations where the main wellspring of amusement is liquor utilize tend to drink themselves (WHO, 2003). Financial foundation assumes a crucial part in young people's alcohol use. Those from a higher financial foundation tend to mishandle liquor since they can stand to do as such. Those of low financial status utilize liquor as a wellspring of amusement and as an escape from an unpleasant way of life (Eide and Acuda, 1996; William, 2000; WHO, 2003).

2.9 Conceptual framework

In this study the conceptual framework has been constructed with independent variables to include; parental influence, peer pressure, economic status of parents and cultural perspective while dependent variable is alcohol abuse. as shown in the Figure 2.1.

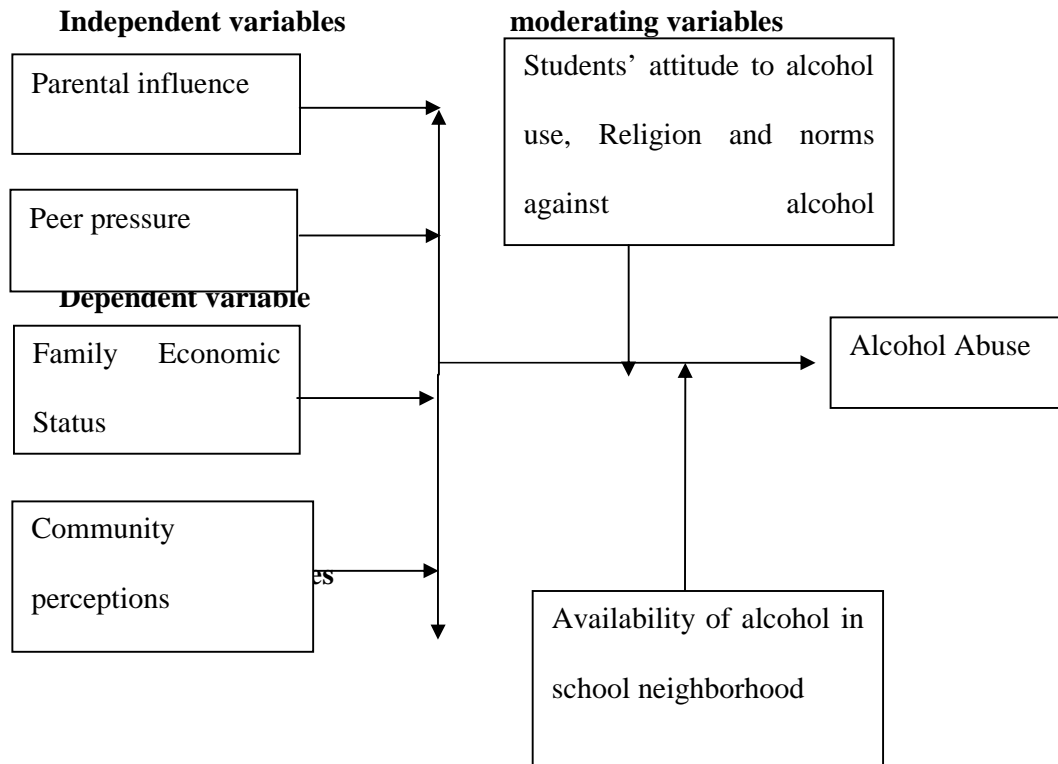


Figure 2.1 Factors influencing alcohol abuse

Figure 2.1 shows the correlation between the dependent variables and independent variables of the study. As shown above alcohol abuse is dependent variable and it could be affected by parental influence, peer pressure, family economic status and cultural perceptions.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

In this chapter, the researcher focused on methodology to be used in the study. It covered the research design, target population, sample size and sampling procedure, research instruments, validity and reliability of research instruments, data collection procedure, data analysis techniques and ethical considerations.

3.2 Research design

Design in research is the structure of research. The "paste" holds all components in an examination extend together. A plan is utilized to structure the examination, to show how all real parts of research venture cooperate to attempt to address the focal research questions. It is the plan, diagram or plan that is utilized to create answers to investigate problems.(Orodho, 2002).The study utilized the clear review inquire about outline. The graphic study suggests the way toward picking up understanding into the general photo of a circumstance, without using the whole populace (Borg& Gall, 1996). The study received an enlightening review.

Descriptive survey design is used as a piece of preliminary and exploratory studies to allow the researcher gather information, layout, appear and interpret it with the ultimate objective of clarification. It in like manner allows the investigator to delineate record, inspect and report conditions that exist or existed. This outline permitted the specialist to produce both numerical and

distinct information that was utilized as a part of measuring relationships between's factors. Expressive review research was expected to deliver measurable data about the impact of the abuse of alcohol on Students.

3.3 Target population

This refers to a whole unit of people, occasions or protests having a typical discernible trademark (Mugenda&Mugenda, 2003). The population for the purpose of this study was secondary school students from Narok South sub county, Kenya. Narok South Sub County has 3680 form 2 and 3 students. The target population of the study comprised of 39 secondary schools (that is with IPPD registration codes) together with their teachers who are 265 and 39 principals.

Table 3.1

Target population

Category	Target population
Principals	39
Teachers	265
Students	3680
Total	3984

3.4 Sample size and sampling procedure

An example is a limited part of a measurable populace whose properties are concentrated on to pick up data about the entirety (Webster, 1985). This study adopted cluster sampling technique in that a population is dispersed

across a wide geographical region. A multistage cluster sampling was used to get the representative schools and students' samples. The primary sampling units were schools; therefore a list of all secondary schools in Narok South sub-county was obtained.

Purposive sampling was used to identify high school students in the study area, the sample size was then stratified by sexual basis. The stratification by sexual introduction was done remembering the ultimate objective to null sufficiently over amounts of each sex and the way that studies have shown that alcohol misuse differ by sex. In this regard, stratification helped in perceiving and highlighting the enormous differentiation amongst male and female students in relation to alcohol abuse. Narok South sub-county has a total of 39 public schools, 39 principals, 156 class teachers, and 3680 students available for the study. A total of 8 schools, 8 principals and 31 class teachers was sampled which was 20% of the total population. 368 students in the research area were selected i.e. one stream from the 8 selected schools. Each stream has an average of 46 students which were from two class and form three as the most widely reported to abuse alcohol.

Table 3.2

Sample size

Category	Sample size		Percentage
population			
Principals	39	8	20%
Teachers	265	31	12%
Students	3680	368	10%
Total	3984	404	42%

3.5 Research instruments

A researcher needs to develop instruments with which to collect data. Orodho, (2008) states that in research instrumentation refers to the instruments used to collect data from the sampled respondents. As indicated by Mugenda & Mugenda (2003), in sociology inquire about, the most usually utilized instruments are surveys, talk with timetables, perception shapes and government sanctioned tests. In this study, the researcher used questionnaires and interviews to collect data from principals, teachers and students.

A typical questionnaire consists of questions and statements which are either structured (close-ended) or unstructured (open-ended). Mugenda & Mugenda (2003) clarify that organized things allude to inquiries that are joined by a rundown of every conceivable option from which respondents select the answer that best portrays their circumstance. Then again, unstructured

inquiries allude to inquiries which give the respondent finish opportunity of reaction where he or she responds in their own words. They add that each question in the poll is produced to address a particular target, explore question or theory of the study. The questionnaire was divided into different sections based on the research questions of the study. The sections are; section (A) was on demographic information of the teachers and students, section(B) was on parental factors, section (C) was on peer pressure, section (D) was on family economic status and section (E) was on cultural factors .

According to Mugenda (2003), a meeting is an oral organization of a poll or a meeting plan. The specialist must build up a benevolent association with the respondent before leading the meeting in order to acquire greatest co-operation from him or her. It is likewise used to institutionalize the meeting circumstance with the goal that questioners can ask similar inquiries in a similar way. The specialist utilized meeting timetable to gather information from principals. The personal interview collected information on parental factors, peer pressure, family economic status and cultural factors.

3.6 Validity of research instruments

The term validity demonstrates how much an instrument measures the construct under scrutiny (Borg & Gall, 1989).To ensure content validity of the instruments to be used in the study, the validity of the instruments was done through the expert judgment of the supervisors. The researcher ensured terms were well defined to have same meaning to all respondents. This is through

evaluating the content of the instruments and improving them through feedback. Piloting of the questionnaires was also done where one principal, one class teacher and four students which is one percent of the sample size were picked randomly from the neighbouring schools so as to test the validity of the questionnaires used.

3.7 Reliability of research instruments

Reliability of research instrument refers to the degree to which the research instruments yields consistent results when repeatedly administered (Mugenda & Mugenda, 2003). To enhance reliability of the instrument, a pilot study or a pre-test study was conducted in two secondary schools in Narok South sub-county. Test re-test technique was employed in order to improve reliability of the instrument. This involved administering the same questionnaires twice to the respondents in the pilot sample after two weeks. A Pearson's product moment correlation coefficient formula was used.

$$r = \frac{\sum xy - \frac{\sum x \sum y}{N}}{\sqrt{\left(\frac{\sum x^2 - (\sum x)^2}{N} \right) \left(\frac{\sum y^2 - (\sum y)^2}{N} \right)}}$$

Where r = person correlation co-efficient

X = result from the first test

Y= results from the second test

N = number of observations

The correlation coefficient obtained was 0.733 for teachers' questionnaire and 0.709 for students' questionnaire. This means the research instruments could be relied upon for this study. A correlation coefficient of between 0.7 to 1 is considered reliable (Mugenda&Mugenda 2003).

3.8 Data collection procedure

Before heading off to the field, the analyst looked for consent from important powers. The specialist looked for power to direct the examination from the National Commission for Sciences, Technology and Innovation, and after that leeway from the Sub region Education workplaces, Narok South sub County. He then looked for authorization from principals and class instructors of the examined schools before the genuine organization of the examination apparatuses. The polls were then managed to the principals, class instructors and students. The study utilized self-organization approach of information accumulation to guarantee that the unintended individuals did not fill the poll or were not met and help was looked for where conceivable.

Meetings were led at concurred places and time. Information obtained from the interviews were physically recorded for further substance investigation joined with that gathered through questionnaires. Data gathered was amassed and put away in both printed versions and delicate duplicates for further examination. The researcher then proceeded to the field to collect data as per the schedule. Information that was collected was treated with confidentiality and for research purposes only.

3.9 Data analysis techniques

Analysis of information is the way toward investigating, cleaning, changing, and demonstrating information with the point of highlighting helpful data, recommendations, conclusions, and supporting basic leadership (Mugenda & Mugenda, 2003). The data were sorted, edited, coded, cleaned and processed. Quantitative data was analysed using inferential statistics and was descriptive, where basic frequencies and rates were utilized. Information was introduced in tables and figures. The Statistical Package for Social Sciences (SPSS) version 21.0 was used due to accuracy and speed of processing. Qualitative data was analysed thematically as per the objectives of the study. The data were presented using graphs and frequency Tables.

3.10 Ethical considerations

As per Mugenda and Mugenda (2003), morals has been characterized as that branch of logic which manages one's direct and serves as a manual for one's conduct. For this study, the researcher started by seeking permission to collect data from the relevant authorities like a letter of introduction from the University of Nairobi (UoN) and research permit from National Commission for Science, Technology and Innovation (NASCOTI). During the study, once in the field to collect data, the researcher ensured integrity at all times and absolute confidentiality with regard to the information the respondents gave as well as keeping their names anonymous. Plagiarism was avoided by ensuring that the researcher acknowledged all the author's from whose work he got information for the study.

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter deals with the analysis, presentation and interpretation of the data and discussions based on the objectives. The study tried to research the components impacting the abuse of alcohol among auxiliary school students in Narok South sub County. The information was investigated by utilizing distinct and inferential measurements, for example, rates and frequencies. Measurable Package for Social Sciences (SPSS) form 21 was utilized to help in investigation. The scientist favored SPSS due to its capacity to cover an extensive variety of the most widely recognized measurable and graphical information examination and is extremely efficient. The interpretations for this chapter are based on each of the objectives and questions that guided this study. Presentation was done using Tables, charts and graphs. The chapter begins with questionnaire return rate, demographic information of head teachers, teachers and pupils, followed by presentation and discussions of research findings based on the research question.

4.2 Response rate

The respondents involved were the principals, teachers and students. They returned the questionnaires as tabulated in Table 4.1.

Table 4.1

Instrument return rate

Respondents	Sampled size	No. collected	Return rate (%)
Principals	8	8	100
Teachers	31	25	80
Students	368	220	60

Table 4.1 shows that the average questionnaire return rate was well above 70% which according to Mugenda and Mugenda (2003) is an acceptable proportion and can be termed adequate for analysis.

4.2.1 Demographic data of teachers

The demographic data of teachers was based on their, number of years as a class teacher and their level of education. Responses are summarized in Figure 4.1.

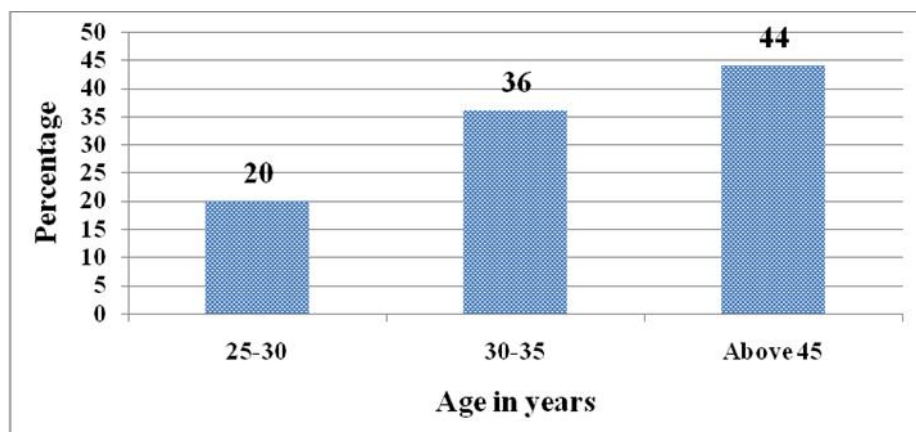


Figure 4.1: Age of teachers

Findings in Figure 4.1 show that most of the teachers (44%) were aged over 45 years. This shows that the teachers were relatively old and hence would understand the factors influencing alcohol abuse among secondary school students.

Respondents were asked to indicate the number of years they had been class teachers. Responses are summarized in Figure 4.2.

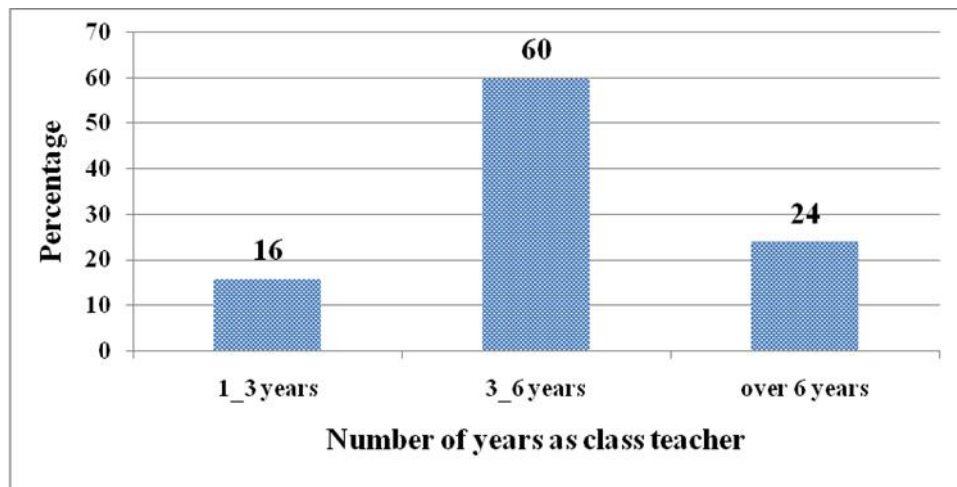


Figure 4.2: Number of years as class teacher

Findings in Figure 4.2 show that majority of the teachers (60%) have been class teachers for between 3-6 years. This shows that the teachers were in a position to better understand the factors influencing alcohol abuse among secondary school students.

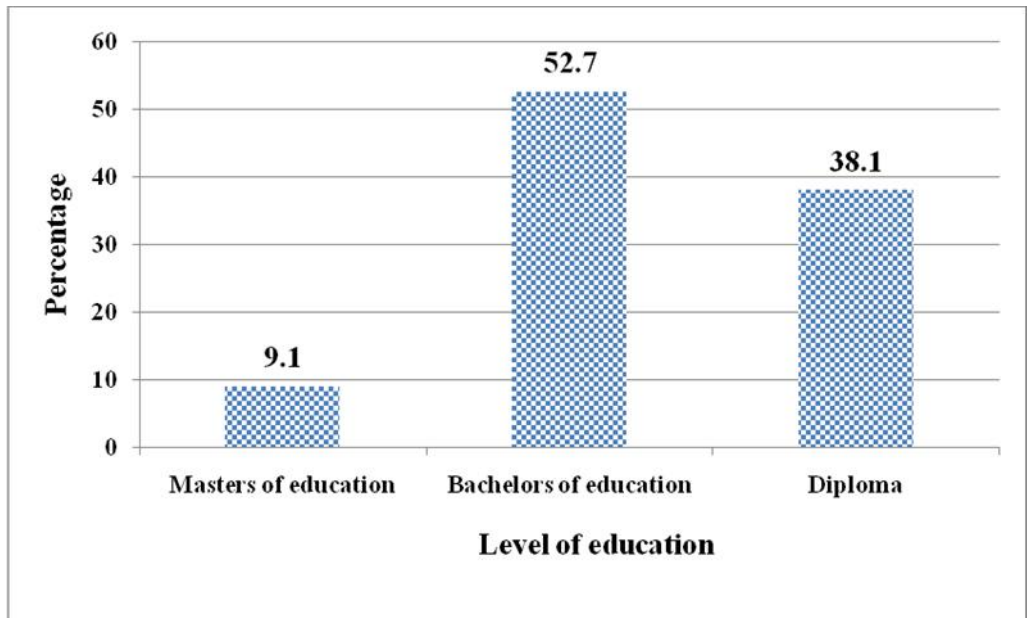


Figure 4.3: Teachers' level of education

Findings in Figure 4.3 show that (52.7%) of the teachers had attained a bachelors' degree. This shows that the teachers were well educated to take up the role of a class teacher.

4.2.2 Demographic data of students

Figure 4.4 shows gender of students.

The demographic data of students was based on their gender and class level.

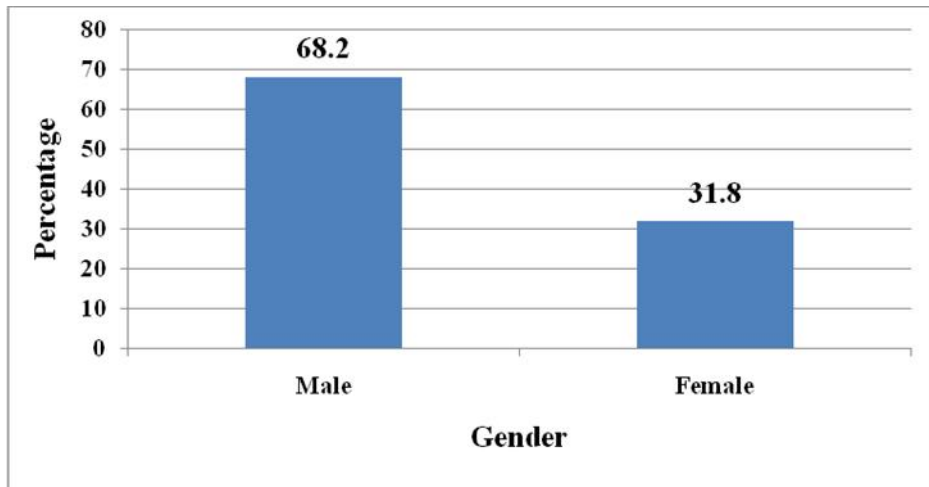


Figure 4.4: Gender of students

Findings in Figure 4.4 show that majority of the students (68.2%) were male. This shows more boys are exposed to alcohol use as compared to girls. Students were asked their class. Responses are summarized in Figure 4.5 below.

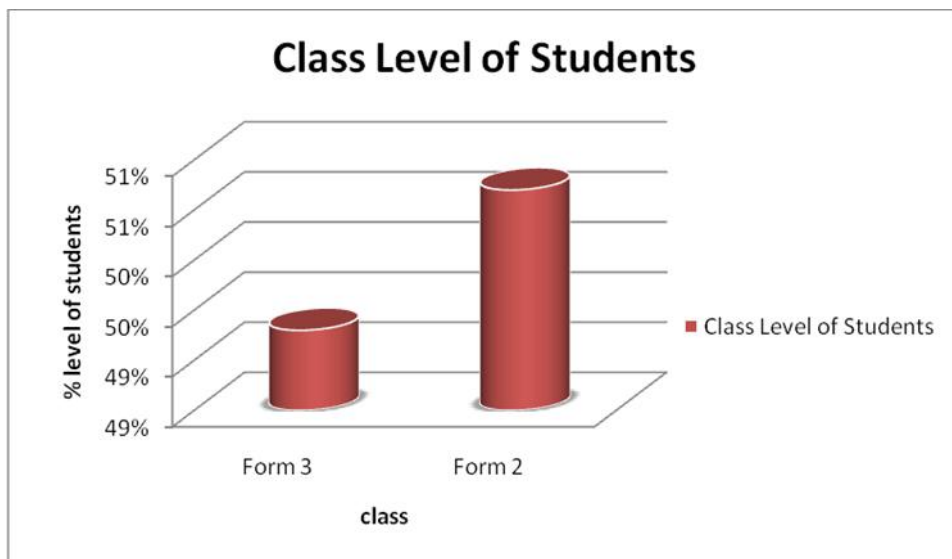


Figure 4.5: Class Level of Students

Findings in figure 4.5 show that majority of the students (50.7%) were in form 2. This implies that majority of students affected by alcohol abuse are in of form two.

4.2.3 Alcoholic abuse among students

The study sought to find out alcoholic abuse students. Teachers were asked whether there were students who frequently abuse alcohol in their class. Responses are summarized in Table 4.2.

Table 4.2

Teachers response on students' alcohol abuse

Responses	Frequency	Percentage
Yes	7	28.0
No	18	72.0
Total	25	100

Findings in Table 4.2 show that (28%) of the respondents indicated that there are students who frequently abuse alcohol. This shows that there was availability of alcoholic drinks in the schools environment. This is in agreement with Kaguthi, (2004) report that availability of alcohol is the major cause of alcohol use and abuse amongst Kenyan students which may lead to alcohol abuse.

Students were asked whether they use any alcoholic beverages. Responses are summarized in Table 4.3.

Table 4.3
Students use of alcohol abuse

Responses	Frequency	Percentage
Yes	70	31.8
No	150	68.2
Total	220	100

Findings in Table 4.3 show that (31.8%) of the students use alcohol beverages. This shows that students in the sub-county are exposed to alcohol use.

Further students were asked the frequency of using alcohol. Responses are summarized in Table 4.4.

Table 4.4
Frequency of using alcohol

Frequency of using alcohol	Frequency	Percentage
At least once per week	10	4.5
Once every month	15	6.8
During school holidays	65	29.5
Never	130	59.2
Total	220	100

Findings in Table 4.4 show that 29.5% of the students use alcohol beverages during school holidays. This shows that students abuse alcohol while outside the school since they have access to bars/ spirits shops and have a lot time idle time . This concurs with William, (2000) that lack of acceptable recreational activities has led students and adults to drink alcohol as the only source of entertainment available to them

4.3 Influence of parents who take and alcohol abuse

The first objective of the study was to establish whether parents who take alcohol influence students' alcohol abuse. Respondents were asked their level of agreement on whether parental practices like sending children to buy alcohol or drinking while children are watching influence drug abuse amongst students. Responses are summarized in Figure4.6.

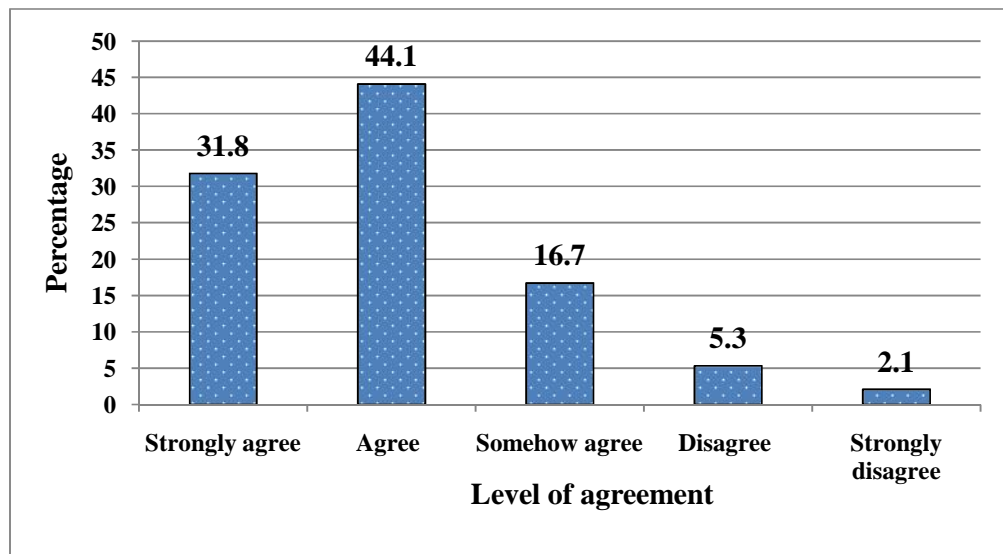


Figure 4.6: Influence of parental practices

Findings in Figure 4.6 show that (44.1%) of the respondents agreed that parental practices like sending children to buy alcohol or drinking while children are watching influence alcohol abuse amongst students. This shows that drinking parents influence students' alcohol abuse. This concurs with Kimberly (2001) that substance use by parents is associated with substance abuse by their children.

The study also sought to establish the extent to which lack of parental involvement in their children's lives influence alcohol abuse. Responses are summarized in Table 4.5.

Table 4.5

Influence of lack of parental involvement and alcohol abuse

Rating	Frequency	Percentage
Very great extent	58	26.4
Great extent	82	37.3
Moderate extent	40	18.2
Little extent	24	10.9
No extent	16	7.2
Total	220	100

Findings in Table 4.5 show that (37.3%) of the students indicated that lack of parental involvement in their children's lives influence alcohol abuse to a great extent. Findings from the principals also indicated that parenting

influence alcohol abuse among students to a great extent. This implies alcoholic parents who do not have time for their children influence alcohol abuse and also is in agreement with Masilo(2005) that lack of parental involvement in young children’s lives as they spend a considerable amount of time with other children might influence them to adopt undesirable practices such as the use and abuse of alcohol and other intoxicating substances.

Teachers were asked whether they agree that alcoholic parents are more likely to have alcoholic children. Responses are summarized in Figure4.7.

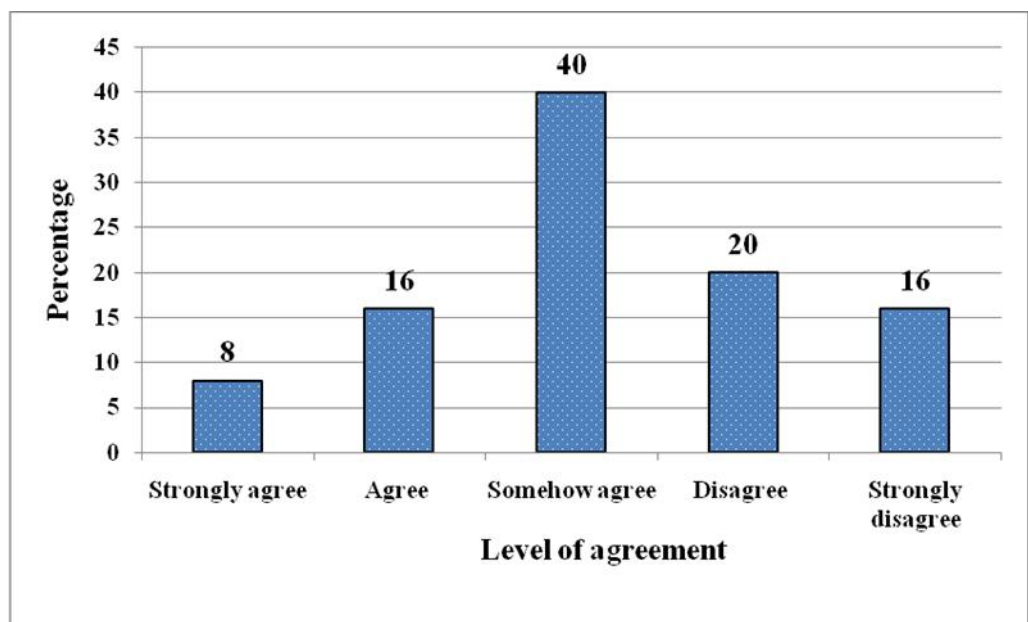


Figure 4.7: Responses on possibility of alcoholic parents having alcoholic children

Findings in Figure 4.7 show that (40%) of the respondents somehow agreed that alcoholic parents are more likely to have alcoholic children. This also shows that drinking parents influence their children drinking behavior. This

finding concurs with Mammnan(2002) findings in Ghana that children drinking behaviour was influenced by that of their parents

Table 4.6

Relationship between drinking parents and students' alcohol abuse

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	.860	.058		14.847	.000
1 Do you agree that parental practices like sending children to buy alcohol or drinking while children are watching influence drug abuse amongst students	.355	.026	.685	13.877	.000

a. Dependent Variable: Indicate if you use any alcoholic beverages

The results in Table 4.6 indicate that alcoholic parents had significant ($p < 0.05$) effect on students' alcohol abuse.

4.4 Peer pressure and alcohol abuse

The second objective of the study was to establish whether peer pressure influence students' alcohol abuse. Responses are summarized in Table 4.7.

Table 4.7

Peer pressure and alcohol abuse

Responses	Frequency	Percentage
Yes	208	84.9
No	37	15.1
Total	245	100

Findings in Table 4.7 show that (84.9%) of the respondents felt that peer pressure influence students' alcohol abuse. Findings from the principals showed that peer pressure influence students alcohol abuse to a great extent. This implies that students spend more time with peers who have the most important influence on their day-to-day behaviours thus can influence them to abuse alcohol. This concurs with National Institute on Drug Abuse report that peers have a large influence on alcohol-abusing behavior.

The study sought to find out how peer pressure influence students' alcohol abuses. Responses are summarized in Table 4.8.

Table 4.8

Peer pressure influence and students' alcohol abuse

Influence of peer pressure	Frequency	Percentage
Many students are introduced to alcohol consumption by friends at school	14	56.0
Students affiliated to a company of alcoholics are likely to be alcoholics themselves	18	72.0
Students are not regarded as grownups if they refuse to take alcohol	10	40.0

Findings in Table 4.8 show that (72%) of the teachers said that students affiliated to a company of alcoholics are likely to be alcoholics themselves. This implies that bad company influence alcohol abuse amongst students. This concurs with Michigan University findings (1995) that peer influences are among the strongest predictors of alcohol use during adolescence. Peers initiate students into alcohol, provide alcohol, model alcohol using behaviors, and shape attitudes about alcohol.

The researcher further sought to find out from the students whether they advise their peers that alcohol help to deal with life stresses. Responses are summarized in Table 4.9.

Table 4.9**Students advise on alcohol**

Responses	Frequency	Percentage
Yes	87	39.5
No	133	60.5
Total	220	100

Findings in Table 4.9 show that (39.5%) of the students said that they advise their peers that alcohol help to deal with life stresses. This implies that bad advice from peers influence students' alcohol abuse. This is in agreement with William (2000) found living conditions which are characterized by ill health, lack of adequate social services, poor or non-existent formal education, unemployment, insecurity, and poor environmental sanitation, people tend to drink alcohol as a source of entertainment and escape from their stressful lifestyle.

Table 4.10**Relationship between peer pressure and students' alcohol abuse**

Model	Coefficients ^a				
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	1.053	.109		9.683	.000
Peer influence is the 1 cause of alcohol use among high school students	.474	.092	.331	5.172	.000

a. Dependent Variable: Indicate if you use any alcoholic beverages
 Table 4.10 reveals that there is a significance relationship between peer influence ($p < 0.05$) and students' alcohol abuse. This is in line with a study by Steinberg (1992) who argues that because teens generally spend more time with peers and less with families during their transition into adulthood, peers have the most important influence on their day-to-day behaviours. Both parents and peers have been found to contribute to adolescent development albeit in different ways.

4.5 Family economic status and alcohol abuse among students

The third objective of the study was to establish whether family economic status influence students' alcohol abuse. Responses are summarized in Table 4.11.

Table 4.11

Family economic status influence students' alcohol abuse

Responses	Frequency	Percentage
Yes	166	67.8
No	79	32.2
Total	245	100

Findings in Table 4.11 show that (67.8%) of the respondents said that family economic status influence students' alcohol abuse. Findings from the principals showed that family economic status influence students' alcohol abuse to a great extent whereby parents provide excess pocket money to

students who misuse it by buying alcoholic drinks. This implies that excess pocket money attempts students to spend it on alcohol. This concurs with Eide and Acuda(1996) findings that students from higher economic backgrounds were more likely to exhibit a global cultural orientation, which in turn was related to greater consumption of alcohol

Table 4.12

Relationship between family economic status and students' alcohol abuse

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	1.000	.099		10.129	.000
Does availability of financial resources lead to alcohol use among students	.500	.079	.392	6.296	.000

a. Dependent Variable: Indicate if you use any alcoholic beverages

Table 4.12 shows that there is a significant relationship between availability of financial resources and students alcohol abuse ($p < 0.05$). This is in line with the findings from a study conducted by William (2000) which showed that drinking was common among young and older residents due, in large part, to factors associated with poverty.

4.6 Maasai community perception on alcohol use and alcohol abuse among students

The fourth objective of the study was to establish whether Maasai community perception on use of alcohol influence students' alcohol abuse. Respondents were asked whether cultural beliefs and practices advance usage of alcohol by students. Responses are summarized in Figure 4.8.



Figure 4.8: Cultural beliefs and practices and alcohol abuse among students

Findings in Figure 4.8 show that (59.2%) of the respondents said that cultural beliefs and practices advance usage of alcohol by students. Findings from the principals showed that Maasaiculture influence students' alcohol abuse to a great extent. This shows that use of intoxicating substances by communities influence students alcohol abuse. This concurs with Ministry of Health (2000) findings that the decision to drink by both adults and young people is motivated by a variety of factors, such as cultural acceptability of alcohol

consumption which might influence students' alcohol abuse as they perceive it as a noble practice.

Respondents were further asked to state the main cultural practices that advance usage of alcohol by students. Responses are summarized in Table 4.13.

Table 4.13

Main cultural practices that advance usage of alcohol by students

Main cultural practices	Frequency	Percentage
Marriage ceremonies	8	16.0
Paying of dowries	10	40.0
Initiation ceremonies	20	80.0

Findings in Table 4.13 show that (80%) of the teachers indicated initiation ceremonies as the main cultural practice that advance usage of alcohol by students. Findings from the principals show that popular beliefs by the Maasai people hold that those who drink are more healthful and hardy than those who do not. This implies that culture plays a great role in students alcohol use.

The study also sought to find out whether the cultural practices affect students participation in alcohol use. Responses are summarized in Figure 4.9.

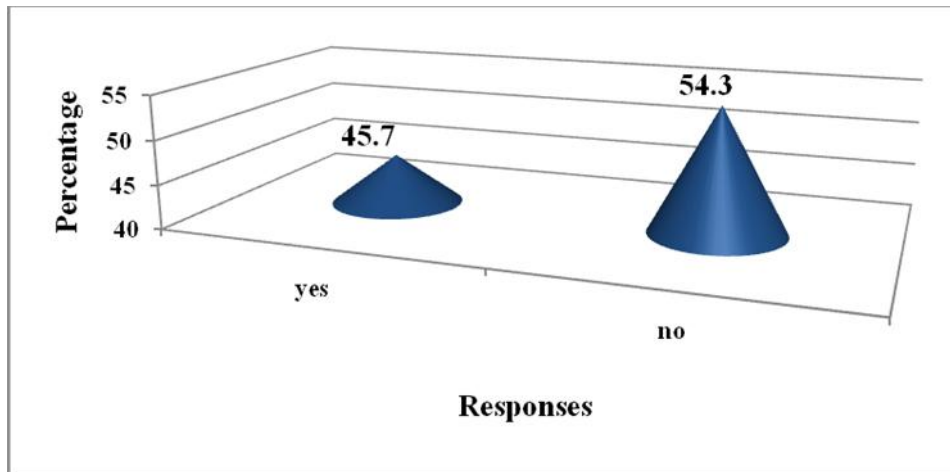


Figure 4.9: Effects of cultural practices on students participation in alcohol use

Findings in Figure 4.9 show that (45.7%) of the respondents indicated that cultural practices affect students participation in alcohol use. This implies that availability of alcoholic beverages in cultural ceremonies encourages students to consume alcohol. This is in agreement with Moon, Hecht, Jackson, & Spellers, (1999) that positive drinking-cultures may result in an increase in alcohol-related problems in the community.

Table 4.14

Relationship between cultural practices and students' alcohol abuse

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	1.000	.239		4.177	.000
Do cultural beliefs and practices advance usage of alcohol by your students	.324	.391	.359	.830	.417

a. Dependent Variable: Do you have students who frequently abuse alcohol in your class

The results in Table 4.14 indicate that there is no relationship between cultural practices and usage of alcohol by students. This is attributed to the norms that guide the youth on the use of alcohol in the community.

Respondents were also asked to indicate their level of agreement on other factors influencing alcohol abuse among secondary school students. Responses are summarized in Table 4.15.

Table 4.15

Other factors influencing alcohol abuse

Statement	SD%	D%	N%	A%	SA%
Alcoholism among students is caused by lack of religious morals	6.1	8.5	9.8	15.1	60.4
Alcoholic backgrounds make students to consume alcohol	9.0	11.4	8.5	14.7	56.3
Alcoholism in secondary schools is caused by low cost of alcohol	6.1	7.3	20.4	22.0	44.1
Alcoholism in secondary schools is enhanced by broken families	10.2	12.2	16.7	9.4	51.4
Alcoholism is caused by unpleasant school environment	10.6	11.4	9.8	18.4	49.8
Alcoholism among students is caused by ready availability of alcohol	6.5	11.8	10.2	18.3	53.3

Findings in Table 4.15 show that majority of the respondents (60.4%) strongly agreed that alcoholism among students is caused by lack of religious morals. Other factors that contribute to alcoholism among students included; low cost of alcohol, broken families, unpleasant school environment and ready availability of alcohol. . This shows that alcohol abuse among students would reduce if religious leaders, the community and school managed collaborated to put an end to alcohol abuse amongst. This concurs with Keller (2002) that children and adolescents who experience family disturbances due to divorce and remarriage typically demonstrate higher levels of aggressive, defiant, delinquent behaviour and alcohol abuse. The finding also concurs with According to Kaguthi, (2004) that availability of alcohol in the school

environment may lead to alcohol abuse which encourages the use and the eventual abuse of alcohol by the students. The study also sought to establish measures that can be put in place to reduce alcohol abuse among the secondary school students. Responses are summarized in Table 4.16.

Table 4.16
Measures to reduce alcohol abuse

Measures to reduce alcohol abuse	Frequency	Percentage
Parents and guardians should desist from giving students a lot of pocket money which economically empowers them to acquire alcoholic drinks.	155	63.3
The government should regulate the sale of alcohol through, restricting the age of consumers and regulating opening hours for the selling points	120	49.0
Religious institutions should endeavour to mould students' spiritual and moral values. This may help students to resist the pressure to engage in alcoholism	85	34.7
Favourable school environment which encourages vibrant co- curricula activities	100	40.8
Teaching about drug use and abuse as a subject	130	53.1

Findings in Table 4.16 show that (63.3%) of the respondents suggested that parents and guardians should desist from giving students a lot of pocket money which economically empowers them to acquire alcoholic drinks. The principals also suggested that the community should discourage under age

consumption of alcohol and the government should ensure that no bars/wines and spirits are opened near schools. This shows that the governments and the community can help reduce alcohol abuse among students.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents a summary of the major findings of the study and giving conclusions which attempt to give answers to specific questions that were investigated. It also presents recommendations for possible actions and suggestions for future research.

5.2 Summary of the study

The principle reason for this study was to examine the elements affecting the abuse of alcohol among auxiliary school students in Narok South sub County, Kenya. The study was guided by the accompanying examination goals; To set up the impact of drinking guardians and liquor manhandle by auxiliary school students, to look at the impact peer pressure on the abuse of alcohol among optional school students, to decide the impact of family monetary status on liquor among auxiliary school students and to decide impact of Maasai people group observation on alcohol use on the abuse of alcohol among auxiliary school students in Narok South Sub region. The study employed a descriptive research design. The target population of the study comprised of 39 secondary schools, 265 teachers and 39 principals. A total of 8 schools, 8 principals, 31 class teachers and 368 students who took part in the study. Data was collected by the use of questionnaire and interview guides. The gathered information

was deliberately composed in a way that encouraged investigation. Crude information was consolidated into subjects and afterward outlined into recurrence tables and rates. The coding of sorted information was done by different subjects stipulated by the question things. Information was then placed in unthinkable structures for investigation by utilizing Statistical Package for Social Sciences (SPSS). Clear insights comprised of classification of frequencies and rate dissemination, measures of focal propensity and standard deviations. The dissected information was introduced in tables of recurrence and rate dispersion, structured presentations and pie graphs. From the study, the following findings were made: is a significance relationship between peer influence ($p < 0.05$) and students' alcohol abuse ($p < 0.05$), there is a significant relationship between availability of financial resources and students alcohol abuse ($p < 0.05$), there is no relationship between cultural practices and usage of alcohol by students, lack of parental involvement in their children's lives influence alcohol abuse to a great extent, peer pressure influence students' alcohol abuse, there was a significant relationship between community perception on use of alcohol and students' alcohol abuse as indicated by 59.2% of the respondents. It was suggested another research to be done to cover other effects of alcohol abuse among students in Narok South Sub County.

5.3 Conclusions

It was concluded that drinking parents influence students' abuse of alcohol whereby some parents send their children to buy alcohol or take alcohol under their children watch. Some parents are also nit involved in their children lives

thus they do not know when students engage in drinking behaviours. Guardians are in a position to impact youngsters and along these lines frame a critical drive in planning youth to have their spot in future as guardians and specialists. Children and youths who encounter family unsettling influences because of separation and remarriage commonly show larger amounts of forceful, insubordinate, reprobate conduct and liquor and the abuse of drugs.

The study also established that peer pressure influence students' alcohol abuse whereby some students join companies that encourage them to take alcohol, some students are advised that taking alcohol reduces stress and other students become alcoholic due to being jeered at by friends who consider not taking alcohol childish. Students' drinking propensities were for the most part shown in organization with their companions and associate impact was noted as a huge calculate liquor manhandle by youngsters.

It was also concluded that family economic status influence students' alcohol abuse whereby some economically stable parents give excess money to their children who misuse it on buying alcohol for themselves and their friends. Parents who are financially stable also buy alcoholic drinks and keep in their house and students were tempted to drink and ended up as alcoholics.

The study established that Maasai community perception on use of alcohol influence students' alcohol abuse where the cultural practices like marriage, dowry ceremonies and initiation cannot be celebrated without alcoholic beverages which influence students to take alcohol. The Maasai people of Narok have mainstream views in view of eras of experience and fortified by society adages hold that the individuals drink's identity more invigorating and

tough than the individuals who don't, and their posterity are additionally [healthful and hardy]. This encouraged students in the study area to take alcohol as they viewed it as a noble drink.

The study also established that school environment and ready availability of alcohol contributed to alcohol abuse amongst students. Some schools were located a few meters from wine shops/bars which provided easy access to alcohol. School environmental factors which influenced alcohol abuse were staff who were involved in alcohol abuse openly within the school compound, distance to the nearest wine and spirit shop and school policy against drug abuse.

5.4 Recommendations

Based on the findings of this study, the researcher makes the following recommendations aimed at reducing alcoholism among secondary school students in Narok South sub county as well as countrywide at large:

1) Students ought to focus on their identity hanging out with. On the off chance that they are hanging out with a gathering in which the lion's share of students are drinking liquor to get high, they might need to consider making some new companions. They might be made a beeline for a liquor issue on the off chance that they keep on hanging around other people who routinely drink liquor. They don't need to come to get along. Make Connections with Their Parents or different grown-ups as they grow up, having individuals they can depend on, individuals they can converse with about existence, life's

difficulties and their choices about liquor is essential. The chance to profit by another person's beneficial encounters can place things in context and can be precious.

2) Students ought not give liquor and medications a chance to interfere with them and their folks. Conversing with mother and father about liquor can be extremely useful. They have to get taught about liquor: They can't depend on the myths and confusions that are out there among their companions and on the web. Their capacity to settle on the right choices incorporates getting instructed. They ought to Learn about Alcohol and, as they learn, impart what they are figuring out how to their companions and their family.

3) Parents and gatekeepers ought to set up firm standards and controls at home with respect to what time kids ought to return home and other family desires furthermore abstain from sending their kids to purchase liquor and drinking a long way from their youngsters' watch. The government of Kenya through the Ministry of Internal Security in the Office of the President should be committed in the control of bars and wine and spirit shops within a radius of 300m as stipulated in Alcoholic Drink Control Law, 2010.

4) Keeping in mind the end goal to find liquor addiction among auxiliary school students, there is requirement for a great school environment which energizes lively co-educational module exercises, for example, sports, music, dramatization, clubs and social orders. Such exercises will give students a solid feeling of having a place and reason in life in this manner decreasing fatigue and inaction both of which are decidedly connected with liquor addiction among the students. Parents and watchmen ought to halt from giving

students a considerable measure of pocket cash which monetarily engages them to obtain mixed beverages.

5) The administration ought to manage the offer of liquor through permitting, bundling, estimating, limiting the time of purchasers and directing opening hours for the offering focuses. This will guarantee that the offering focuses are found far from school premises, little compact bundles are nullified, costs are non reasonable to students, buyers beneath the period of larger part are not available to liquor and offering focuses are just operational amid the night. The school direction and advising division ought to compose visit guiding sessions to help students to remember the negative long haul impacts of liquor abuse. Furthermore, guardians, instructors and other group individuals ought to go about as great good examples for the students by dodging liquor abuse.

5.5. Suggestions for further study

Given the scope and limitations of this study, the researcher recommends the following as areas for further studies:

- i. A study on factors influencing alcohol abuse among secondary school students should be carried out in other counties for comparison purpose.
- ii. A related study to this should be carried out incorporating more variables that possibly influence alcohol abuse among secondary school students. These variables also include school environment factors.

- iii. A study should be conducted to investigate other drug such as bhang, miraa, glue, cocaine and mosquito coil, to ascertain which drug actually students mainly use in schools.
- iv. More studies are required as for foundation, financial and natural elements with respect to liquor manhandle among students. This is on account of the present study did not decide the relationship of the greater part of these variables and medication mishandle. A similar study should be done in other institutions of learning like primary, colleges and universities.

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APPENDICES

APPENDIX I: LETTER OF INTRODUCTION

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P.O Box 30197
NAIROBI.

To
The Headteacher
..... Secondary School,
P.O. Box ...
NAROK

Dear Sir/Madam,

RE: DATA COLLECTION

I am a post graduate student of university of Nairobi mastering in Education Administration. I am undertaking a research project on the “*factors influencing alcohol abuse among high school students in Narok South Sub-County*”. I therefore seek for your permission to allow me conduct the research and gather data from your school. The information obtained in your school will be used exclusively for academic purposes and identity of the respondents will be held with utmost confidentiality.

I look forward to your humble cooperation.

Thanks in advance.

Timothy Keiwua.

E55/70514/2013.

APPENDIX II:QUESTIONNAIRE FOR TEACHERS

This questionnaire is designed to help the researcher find out the **influencing factors leading to alcohol abuse among high school students in Narok South Sub County, Kenya**. All the information gathered and collected will be treated with utmost confidentiality. Put a tick () where appropriate.

Section A: Personal information

1. What is your age in years.

25-30[]

30-35[]

35-40[]

40-45[]

Over 45[]

2. How long have you been a class teacher?

Less than one year{ []

1-3 years[] 3-6 years[]

Over 6 years[]

3. What is your academic qualification?

Masters in Education[]

Bachelors degree in Education[]

Diploma in Education[]

Others (specify)

3. Do you have students who are frequently abuse alcohol in your class?

Yes []

No []

Section B: Questions relating parental factors

5. Do you think that parents' alcohol abuse is associated with their children alcohol abuse?

Yes []

No []

5. To what extent does brewing alcohol at home influence students' alcohol abuse?

Very great extent []

Great extent []

Moderate extent []

Little extent []

No extent []

6. How often do you deal with alcoholic parents?

Very often []

Often []

Less often []

Never []

7. Do you agree that alcoholic parents are more likely to have alcoholic children?

Strongly agree []

Agree []

Somehow agree []

Disagree []

Strongly disagree []

SectionC: Questions relating peer pressure

19. Peer influence is the cause of alcohol use among high school students?

Yes []

No []

10. How does peer pressure lead to alcohol abuse among students?.....

.....

.....

Section D: Questions relating family economic status

11. Availability of finances is the cause of alcohol abuse among high school students,

Yes []

No []

12. How does availability of financial resources lead to alcohol abuse among your students.....

.....

Section E: Question relating cultural factors

13. Do cultural beliefs and practices advance usage of alcohol by your students?

Yes []

No []

14. Do your learners get involved in cultural practices?.....

15. Which are the main cultural practices?

16. Do they affect alcohol use?

Yes []

No []

Explain.....

17. Is there anything that can be done to reduce alcohol abuse among the students?

a) Yes []

b) No []

18. Please mention what can be done.....

19. Kindly indicate your level of agreement on other factors influencing alcohol abuse among students.

Statements	Strongly	Agree	Neutral	Disagree	Strongly
Alcoholism among students is caused by lack of religious morals					
Alcoholic backgrounds make students to consume alcohol					
Alcoholism in secondary schools is caused by low cost of alcohol					
Alcoholism in secondary schools is enhanced by broken families					
Alcoholism is caused by unpleasant school conditions					
Alcoholism among students is caused by ready availability of alcohol					

Thank you very much

APPENDIX III: INTERVIEW SCHEDULE FOR PRINCIPALS

This interview schedule is designed to help the researcher find out the **influencing factors leading to alcohol abuse among high school students in Narok South Sub County, Kenya**. All the information gathered and collected will be treated with utmost confidentiality.

1. Name of the secondary school.....
2. What is the total number of streams in your school?.....
3. What is the total student enrolment for the school?.....
4. How many cases of alcohol abuse are reported weekly?.....
5. How are your teachers and students cooperating in the fight against alcohol abuse in your school?
6. What are some of the measures put in place to get rid of alcohol abuse in your institution?
7. What are the factors that you think are the major contributors of alcohol abuse in your school?
8. What is your take on parenting, in leading to alcohol use among your students?
9. To what extent do parenting influence alcohol abuse among your students?
10. What is your take on peer pressure, in leading to alcohol abuse among your students?
11. To what extent do peer pressure influence alcohol abuse among your students?

12. What is your take on parental economic status, in leading to alcohol abuse among your students?
13. To what extend do parental economic status influence alcohol abuse among your students?
14. What is your take on Maasai community perception on alcohol use, in leading to alcohol abuse among your students?
15. To what extend do culture influence alcohol abuse among students?
16. What can be done to reduce alcohol abuse among the students?
17. Which problem(s) do you encounter in the course of combating the vice of alcohol abuse?

Thank you very much.

APPENDIX IV:QUESTIONNAIRE FOR STUDENTS

This questionnaire is designed to help the researcher find out the **influencing factors leading to alcohol abuse among high school students in Narok South Sub County, Kenya**. All the information gathered and collected will be treated with utmost confidentiality

1. What is your gender?

Female

Male

2. Which is your class?

Form 1

Form 2

Form 3

Form 4

3. Indicate if you use any alcoholic beverages

Yes

No

3. How frequent do you use the alcoholic beverage?

i) Every day

ii) At least once per week

iii) Once every month

iv) Sometimes in an year

v) Never

Section A: Questions relating parental influence

4. Do you have cases of alcohol abuse in your family?

Yes

No

5. Does anyone of the following family relations use alcohol?

i) Father

Yes [] No []

ii) Mother

Yes [] No []

ii) Siblings

Yes [] No []

6. Do you agree that parental practices like sending children to buy alcohol or drinking while children are watching influence drug abuse amongst students?

Strongly agree []

Agree []

Somehow agree []

Disagree []

Strongly disagree []

7. To what extent does lack of parental involvement in their children's lives influence alcohol abuse?

Very great extent []

Great extent []

Moderate extent []

Little extent []

No extent []

SectionB: Questions relating peer pressure

8. Is peer influence the cause of alcohol use among high school students?

Yes []

No []

9. Do you think students resort to alcohol use to deal with life stresses?

Yes [] No []

10. Does the school environment favor the use of alcohol among students?

Yes [] No []

Section C: Questions relating family economic factors

11. Does availability of financial resources lead to alcohol use among students?

Yes []

No []

(Explain).....

.....

.....

12. What is your mother's current employment status?

1=Unemployed [];

2=Casual work [];

3=Permanent work [];

4=Business []

13. What is your father's current employment status?

1. 1=Unemployed [];

2. 2=Casual work [];

3. 3=Permanent work [];

4. 4=Business []

Section D: Questions relating cultural factors

14. What is your take on cultural beliefs and practices, in leading to alcohol use?.....
.....

15. Do cultural beliefs and practices advance usage of alcohol by students?

Yes []

No []

16. Does culture affects your participation in alcohol use?

Yes []

No []

17. Is there anything that can be done to reduce alcohol abuse among the students?

a) Yes []

b) No []

18. Please mention what can be done-----
.....
.....

19. Kindly indicate your level of agreement on other factors influencing alcohol abuse among students.


Statements	Strongly	Agree	Neutral	Disagree	Strongly
Alcoholism among students is caused by lack of religious morals					
Alcoholic backgrounds make students to consume alcohol					
Alcoholism in secondary schools is caused by low cost of alcohol					
Alcoholism in secondary schools is enhanced by broken families					
Alcoholism is caused by unpleasant school conditions					
Alcoholism among students is caused by ready availability of alcohol					

Thank you very much.

APPENDIX V:RESEARCH PERMIT

THIS IS TO CERTIFY THAT:
MR. TIMOTHY OLTIMPAU KEIWUA
of UNIVERSITY OF NAIROBI, 50-2500
Narok, has been permitted to conduct
research in Narok County
on the topic: FACTORS INFLUENCING
ALCOHOL ABUSE AMONG SECONDARY
SCHOOL STUDENTS IN NAROK SOUTH
SUB COUNTY, KENYA
for the period ending:
27th September, 2017


Permit No : NACOSTI/P/16/54632/13984
Date Of Issue : 27th September, 2016
Fee Received :Ksh 1000



[Signature]
Director General
National Commission for Science,
Technology & Innovation

CONDITIONS

- 1. You must report to the County Commissioner and the County Education Officer of the area before embarking on your research. Failure to do that may lead to the cancellation of your permit.**
- 2. Government Officer will not be interviewed without prior appointment.**
- 3. No questionnaire will be used unless it has been approved.**
- 4. Excavation, filming and collection of biological specimens are subject to further permission from the relevant Government Ministries.**
- 5. You are required to submit at least two(2) hard copies and one (1) soft copy of your final report.**
- 6. The Government of Kenya reserves the right to modify the conditions of this permit including its cancellation without notice**



REPUBLIC OF KENYA
NACOSTI
National Commission for Science,
Technology and Innovation

RESEACH CLEARANCE
PERMIT
Serial No. 11082
CONDITIONS: see back page

APPENDIX VI: RESEARCH AUTHORIZATION



NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY AND INNOVATION

Telephone: +254-20-2213471,
2241349, 3310571, 2219420
Fax: +254-20-318245, 318249
Email: dg@nacosti.go.ke
Website: www.nacosti.go.ke
When replying Please quote

9th Floor, Utalii House
Uhuru Highway
P. O. Box 30623-00100
NAIROBI-KENYA

Ref: No.

Date:

NACOSTI/P/16/54632/13984

27th September, 2016

Timothy Oltimpau Keiwua
University of Nairobi
P.O. Box 30197-00100
NAIROBI.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on "*Factors influencing alcohol abuse among secondary school students in Narok South Sub County, Kenya*," I am pleased to inform you that you have been authorized to undertake research in **Narok County** for the period ending **27th September, 2017**.

You are advised to report to **the County Commissioner and the County Director of Education, Narok County** before embarking on the research project.

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.


BONIFACE WANYAMA
FOR: DIRECTOR-GENERAL/CEO

Copy to:

The County Commissioner
Narok County.

The County Director of Education
Narok County.

National Commission for Science, Technology And Innovation Is ISO 9001:2008 Certified