

**THE ROLE OF THE COMMUNITY IN COMBATING SUBSTANCE ABUSE  
AMONG THE YOUTHS OF NAMATALA SLUM MBALE INDUSTRIAL CITY  
DIVISION**

**LAVENDA TRACY NAFULA**

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**UGANDA CHRISTIAN  
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**DECLARATION**

I Nafula Tracy Lavenda declare that this research report is my original work and has not been presented for examination in any other University or institute of learning.

Signature.....

Date <sup>3<sup>rd</sup></sup>...../.....<sup>09</sup>...../.....<sup>2024</sup>.....

**NAFULA TRACY LAVENDA**

**M22/MUC/BSW/017**

## APPROVAL

This research report has been prepared under my supervision and submitted to the department of social sciences.

Signed:  .....

Date: 03 / 09 / 2024 .....

Supervisor: Mr. NUWAGABA NABOTH

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## LIST OF ACRONYMS

WHO	World Health Organization
UNODC	United Nations Office on Drugs and Crime
NDA	National Drug Authority
UYDEL	Uganda Youth Development Link
WACD	West African Commission on Drugs
SACENDU	South African Community Epidemiology Network on Drug Use
UCU	Uganda Christian University

# CHAPTER ONE

## INTRODUCTION

### 1.0 Introduction

This chapter presents the background to the concept of the role of the community in combating substance abuse among the youths of Mbale District. It includes the statement of the problem, objectives of the study, research questions, scope of the study, significance of the study, and the conceptual framework.

### 1.1 Background of the study

Substance abuse among youths is a pervasive issue affecting nations worldwide. The World Health Organization (WHO) reports that substance abuse is a major cause of morbidity and mortality among young people globally, with alcohol and drug use disorders contributing significantly to the global burden of disease (WHO, 2018). Research by Degenhardt et al. (2016) highlights that approximately 271 million people aged 15-64 years had used drugs in the past year, with the highest prevalence in North America, Oceania, and Western Europe. This study underscores the global nature of the issue, pointing to diverse socio-economic and cultural factors driving substance abuse. The United Nations Office on Drugs and Crime (UNODC, 2020) has also noted a worrying trend in the increased availability and abuse of synthetic drugs, particularly among youths in urban areas globally. These studies collectively highlight that substance abuse among youths is not confined to any single region but is a worldwide challenge requiring concerted international efforts for effective intervention.

In Africa, the issue of substance abuse among youths is equally alarming, with significant variations across different regions. According to the African Union's Plan of Action on Drug Control (2019-2023), there has been a notable increase in the use of illicit drugs, particularly cannabis and amphetamines, among young people. The study by Obot (2013) reveals that substance abuse in African countries such as Nigeria, Kenya, and South Africa is fueled by factors like urbanization, unemployment, and peer pressure. In West Africa, for instance, the trafficking and abuse of cocaine have escalated, as documented by the West African Commission on Drugs (WACD, 2014). Similarly, South Africa faces a severe problem with alcohol abuse among youths, with the South African Community Epidemiology Network on Drug Use (SACENDU, 2019) reporting high rates of binge drinking and related health complications. These continental studies provide a nuanced understanding of the

varied substance abuse patterns and the socio-economic factors influencing them across Africa.

In Uganda, and specifically in Mbale District, substance abuse among youths has emerged as a critical public health issue. The National Drug Authority (NDA) of Uganda (2021) reports that the prevalence of substance abuse among youths in Mbale is alarmingly high, with cannabis, alcohol, and locally brewed substances being the most commonly abused. A study by Tukundane et al. (2019) highlights that socio-economic challenges, such as poverty, unemployment, and lack of educational opportunities, significantly contribute to the rise in substance abuse among youths in Mbale. Additionally, the cultural acceptance of alcohol and the availability of cheap, illicit substances exacerbate the problem. The Uganda Youth Development Link (UYDEL, 2020) also emphasizes the role of peer influence and inadequate parental guidance in increasing substance abuse rates among young people in the region. These local studies underscore the pressing need for targeted interventions to address the unique socio-economic and cultural dynamics contributing to substance abuse among youths in Mbale District.

## **1.2 Statement of the problem**

Substance abuse among youths in Mbale Industrial City Division has emerged as a pressing public health and social issue, significantly affecting the well-being and future of young individuals in the region. The escalation in the use of drugs such as marijuana, alcohol, and other illicit substances has led to detrimental consequences, including increased crime rates, academic failure, health complications, and deteriorating family structures. Despite numerous efforts by governmental and non-governmental organizations to mitigate this crisis, the problem persists, indicating a potential gap in community engagement and support systems. This research aims to explore the pivotal role of the community in addressing this challenge, emphasizing the need for comprehensive, collaborative approaches that involve families, schools, religious institutions, and local authorities. The lack of cohesive community-led initiatives has hindered the effectiveness of existing interventions, calling for a deeper understanding of how community resources can be mobilized to create a supportive environment that deters substance abuse. By identifying key community-driven strategies and best practices, this study seeks to provide actionable insights that can enhance the collective effort to curb substance abuse among youths, fostering a healthier, safer, and more productive society in Mbale Industrial City Division.

### **1.3 Purpose of the study**

This research aims to explore the pivotal role of the community in addressing this challenge, emphasizing the need for comprehensive, collaborative approaches that involve families, schools, religious institutions, and local authorities.

### **1.4 Objectives of the study**

To assess the current community engagement and support systems in Mbale Industrial City Division aimed at combating substance abuse among youths.

To identify effective community-driven strategies and best practices for preventing and reducing substance abuse among youths in the region.

To evaluate the impact of collaborative approaches involving families, schools, religious institutions, and local authorities on the effectiveness of substance abuse interventions.

### **1.5 Research questions**

What are the current community engagement and support systems in Mbale Industrial City Division that address substance abuse among youths?

What community-driven strategies and best practices have proven effective in preventing and reducing substance abuse among youths in Mbale Industrial City Division?

How do collaborative approaches involving families, schools, religious institutions, and local authorities impact the effectiveness of substance abuse interventions in the region?

### **1.6 Scope of the study**

#### **1.6.1 Content Scope**

The role of the community in combating substance abuse among the youths of mbale district.

#### **1.6.2 Geographical Scope**

The study was focused specifically on Mbale Industrial City Division, a region within Mbale City. This area was serve as the primary location for data collection and analysis, encompassing urban and peri-urban settings within the division.

### **1.6.3 Time Scope**

The study focused on recent data and developments from the past five years (2019-2024) to ensure the relevance and timeliness of the information. This period was encompassing changes in substance abuse trends, community responses, and the effectiveness of interventions within the specified timeframe.

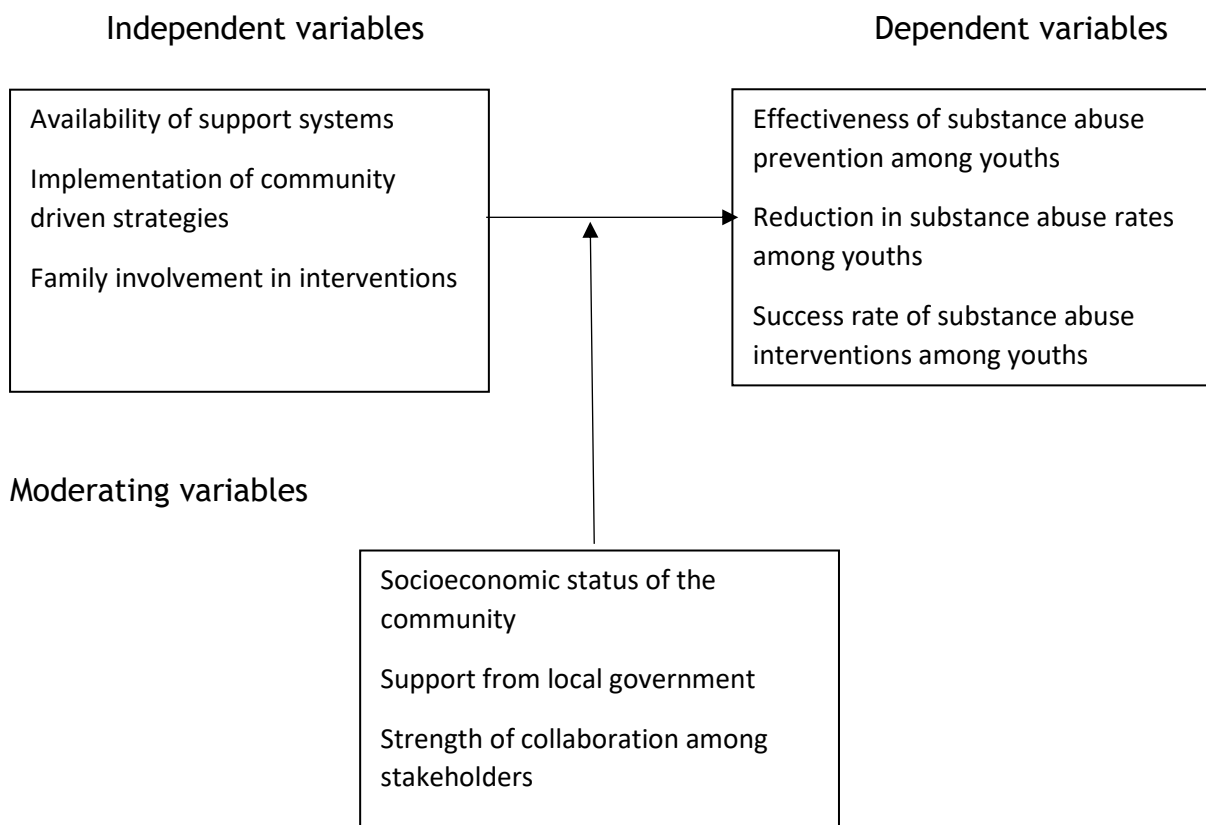
### **1.7 Significance of the study**

Firstly, substance abuse among youths not only jeopardizes individual health and well-being but also undermines community cohesion and economic productivity. By understanding and enhancing community engagement and support systems, this research aims to foster a collaborative approach involving families, schools, religious institutions, and local authorities.

Effective community-driven strategies can serve as proactive measures to prevent and reduce substance abuse, potentially lowering crime rates and healthcare costs associated with addiction. By evaluating these strategies, the study seeks to contribute empirical evidence that informs policy and intervention frameworks tailored to the local context of Mbale Industrial City Division. Moreover, examining collaborative approaches was highlight synergies and gaps in current efforts, paving the way for more integrated and sustainable solutions.

Ultimately, the study's findings can empower communities by identifying best practices and reinforcing the role of grassroots initiatives in promoting youth resilience and well-being. By emphasizing the importance of community involvement, the research endeavours to inspire local stakeholders to take proactive steps towards a healthier and safer environment for Mbale's youth, thereby contributing to broader efforts in public health and social development.

## 1.8 Conceptual frame work



Source: Researcher 2024

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.0 Introduction

This chapter presents a review of literature related to factors that affect employee performance including communication, supervision and working conditions. Each of these factors translates in to a theme of its own during this study.

#### 2.1 community engagement and support systems in combating substance abuse.

Globally, community engagement and support systems play a critical role in combating substance abuse among youths. According to the World Health Organization (WHO), community-based interventions have proven effective in reducing substance abuse by fostering environments that discourage drug use and promote healthy lifestyles (WHO, 2018). Research by Hawkins et al. (2015) emphasizes that community coalitions, which include parents, schools, law enforcement, and healthcare providers, can significantly reduce youth substance abuse through coordinated efforts. These coalitions work by implementing evidence-based programs that address risk factors while promoting protective factors. For instance, the Icelandic Model of substance abuse prevention has gained global recognition for its success in drastically reducing youth substance abuse rates through a comprehensive approach involving parental engagement, sports, and recreational activities (Sigfúsdóttir et al., 2016).

The rise of community-based interventions marks a pivotal shift in combating substance abuse among youths. The World Health Organization (WHO) has long emphasized the importance of community engagement in reducing drug use and promoting healthier lifestyles. Their 2018 report highlights that successful interventions often involve a combination of education, support services, and recreational activities designed to engage youths constructively. Hawkins et al. (2015) provide evidence that community coalitions, which bring together diverse stakeholders such as parents, schools, law enforcement, and healthcare providers, can significantly mitigate youth substance abuse. These coalitions are particularly effective when they implement evidence-based programs that address both risk factors (such as peer pressure and availability of drugs) and protective factors (like strong family bonds and positive school environments). The Icelandic Model, cited by Sigfúsdóttir et al. (2016), exemplifies a holistic approach that has yielded

remarkable results. By engaging parents, schools, and the broader community in providing sports and recreational activities, Iceland has seen a dramatic decline in youth substance abuse rates. This model underscores the importance of creating supportive environments that encourage healthy behavior and deter substance use. In Africa, the challenge of youth substance abuse is compounded by socioeconomic factors, but community engagement remains a vital tool in addressing this issue. A study by Peltzer et al. (2016) highlights that in many African countries, traditional community structures and local leaders play an essential role in substance abuse prevention. In South Africa, for example, community-based rehabilitation programs have shown promise in helping youths recover from substance addiction (Myers et al., 2015). These programs often incorporate cultural elements and traditional practices, making them more acceptable and effective within local contexts. Additionally, the African Union's Plan of Action on Drug Control (2013-2017) underscores the importance of community participation in developing and implementing strategies to combat drug abuse among young people (African Union, 2013).

Socioeconomic challenges and cultural dynamics play significant roles in shaping substance abuse patterns among youths. Peltzer et al. (2016) discuss how community structures, including traditional leaders and local elders, are crucial in addressing substance abuse. In many African communities, these leaders are respected and trusted figures who can influence behaviour and attitudes. South Africa's community-based rehabilitation programs, as noted by Myers et al. (2015), integrate cultural elements and traditional practices, making them more effective and acceptable. These programs often provide holistic care that includes medical treatment, psychological support, and social reintegration, thereby addressing the multifaceted nature of substance abuse. The African Union's Plan of Action on Drug Control (2013-2017) emphasizes community participation in formulating and implementing drug control strategies. This plan advocates for the inclusion of community stakeholders in every step of the process, from planning to execution, ensuring that the interventions are culturally relevant and widely accepted.

In Mbale Industrial City Division, community engagement in combating substance abuse among youths has been marked by various local initiatives and support systems. A study conducted by Namatala and colleagues (2022) revealed that local

NGOs, in collaboration with community leaders, have been instrumental in providing education and resources to prevent substance abuse. These efforts are complemented by school-based programs that aim to educate students about the dangers of drug use and offer support to those struggling with addiction. The involvement of local religious organizations has also been significant, as they offer counselling and support services to affected youths and their families (Mukasa, 2021). Despite these efforts, challenges such as limited funding and insufficient coordination among stakeholders persist, highlighting the need for a more integrated and well-funded approach to effectively combat substance abuse in the region.

Research by Namatala et al. (2022) indicates that local NGOs have been at the forefront of these initiatives, working closely with community leaders to provide education and resources aimed at preventing substance abuse. These NGOs often run outreach programs in schools, offering workshops and seminars that educate students about the dangers of drug use and provide support for those affected by addiction. Mukasa (2021) highlights the significant role of religious organizations in these efforts. Churches and mosques often serve as safe spaces where youths can receive counseling and support. These religious institutions also engage families, emphasizing the importance of a supportive home environment in preventing substance abuse. Despite these positive developments, challenges such as limited funding, insufficient infrastructure, and the need for better coordination among stakeholders remain. Addressing these issues requires a concerted effort to enhance resource allocation and foster collaboration among all community members involved in combating substance abuse.

By integrating global best practices, understanding continental dynamics, and addressing local challenges, Mbale Industrial City Division can develop more effective community engagement strategies to combat substance abuse among youths.

## **2.2 Strategies and best practices for preventing and reducing substance abuse.**

The United Nations Office on Drugs and Crime (UNODC) has documented numerous programs that underscore the importance of community involvement. In their 2021 World Drug Report, UNODC emphasizes community-based prevention programs, which are tailored to the local context, as highly effective in reducing

substance abuse among youths. These programs often involve a multi-faceted approach, incorporating education, recreational activities, and counselling services to create a supportive environment for young people (UNODC, 2021).

A significant study by Hawkins et al. (2015) in the *Journal of Adolescent Health* highlights the Communities That Care (CTC) model, which has been successfully implemented in various countries, including the United States, Australia, and the Netherlands. The CTC model engages community stakeholders, including schools, parents, and local organizations, to collaboratively identify and address risk factors for substance abuse. The study found that communities utilizing the CTC model experienced significant reductions in substance use among youths, demonstrating the model's effectiveness across diverse settings (Hawkins et al., 2015). In North America, particularly the United States and Canada, several community-driven initiatives have shown promise in tackling youth substance abuse. The Drug-Free Communities (DFC) Support Program in the United States is a prime example. According to a report by the Office of National Drug Control Policy (2020), the DFC program fosters collaboration among local community organizations, schools, and law enforcement to implement evidence-based prevention strategies. Evaluations of the program have shown notable decreases in substance use among participants, underscoring the critical role of community involvement in prevention efforts (ONDCP, 2020). In Canada, the National Anti-Drug Strategy, which includes the Drug Strategy Community Initiatives Fund (DSCIF), supports community-based projects aimed at reducing drug use among youths. Research by Paglia-Boak et al. (2014) in the *Canadian Journal of Public Health* demonstrates the effectiveness of community-driven approaches in Canada, where local projects have successfully engaged youths in educational and recreational activities, thereby reducing their risk of substance abuse (Paglia-Boak et al., 2014).

Europe has also seen the successful implementation of community-driven strategies to prevent youth substance abuse. The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) has documented several effective programs across the continent. For instance, the Icelandic Model, a comprehensive community-based prevention approach, has gained international recognition. A study by Kristjansson et al. (2016) published in the *Journal of Primary Prevention* highlights the success of the Icelandic Model in dramatically reducing substance use among Icelandic youths. The model's key components include strengthening family bonds, increasing youth

participation in sports and arts, and promoting community engagement (Kristjansson et al., 2016). In the United Kingdom, the "Communities in Charge" initiative has demonstrated the importance of empowering local communities to take ownership of substance abuse prevention. According to a report by the UK Drug Policy Commission (2019), this initiative involves training community leaders and volunteers to deliver educational workshops and support services to at-risk youths. The program has led to significant reductions in substance use and increased community cohesion, illustrating the impact of grassroots efforts (UKDPC, 2019).

In Africa, community-driven strategies to combat youth substance abuse are gaining traction, with several countries implementing innovative programs. For instance, in South Africa, the Ke Moja ("I'm Fine Without Drugs") campaign, spearheaded by the South African National Council on Alcoholism and Drug Dependence (SANCA), focuses on community mobilization and education. A study by Parry et al. (2018) in the *African Journal of Drug & Alcohol Studies* highlights the success of the Ke Moja campaign in raising awareness about the dangers of substance abuse and reducing drug use among South African youths (Parry et al., 2018). In Nigeria, the YouthRISE project engages young people in peer education and advocacy to prevent substance abuse. Research by Obot and Ibanga (2019) published in the *International Journal of Drug Policy* indicates that the YouthRISE project has effectively mobilized communities to address drug use issues, leading to decreased substance abuse rates among Nigerian youths (Obot & Ibanga, 2019).

In Asia, several countries have adopted community-driven strategies to curb youth substance abuse. For instance, in Thailand, the Drug Abuse Resistance Education (DARE) program has been implemented in schools and communities across the country. A study by Lertpiriyasawat et al. (2017) in the *Journal of Substance Use* highlights the effectiveness of the DARE program in educating youths about the risks of drug use and fostering community involvement in prevention efforts. The program's success is attributed to its comprehensive approach, which includes school-based education, community outreach, and parental involvement (Lertpiriyasawat et al., 2017). According to research by Sharma et al. (2019) in the *Indian Journal of Psychiatry*, these initiatives focus on raising awareness, providing counseling services, and promoting healthy lifestyles. The study found that community-driven programs in India have significantly reduced substance use among

participating youths, demonstrating the importance of local engagement in prevention efforts (Sharma et al., 2019).

The Uganda Youth Development Link (UYDEL) has implemented several successful programs that engage local communities in prevention efforts. Research by Ndugwa et al. (2020) in the East African Journal of Public Health highlights the effectiveness of UYDEL's approach, which includes peer education, vocational training, and recreational activities. These programs have led to significant reductions in substance use among Ugandan youths, emphasizing the critical role of community involvement (Ndugwa et al., 2020). The National Drug Authority (NDA) of Uganda has partnered with local communities to launch awareness campaigns and provide support services to at-risk youths. A report by the NDA (2021) indicates that these community-driven initiatives have been successful in reducing substance abuse rates and promoting healthier lifestyles among young people in Uganda (NDA, 2021).

This comprehensive overview demonstrates the importance of community-driven strategies in preventing and reducing substance abuse among youths. By engaging local stakeholders, providing education and support, and fostering community cohesion, these programs have proven effective across various contexts, from global to local settings.

### **2.3 Collaborative approaches of substance abuse interventions.**

According to Smith and Carlson (2018), the synergistic efforts of families, schools, religious institutions, and local authorities significantly enhance the reach and effectiveness of substance abuse programs. They argue that when these entities work together, they can provide a more comprehensive support system that addresses various aspects of a young person's life, thereby reducing the likelihood of substance abuse.

#### **2.3.1 Family Approach**

Families play a critical role in shaping the behaviours and attitudes of children and adolescents. Research by Kumpfer and Alvarado (2017) emphasizes that family-based interventions are among the most effective in preventing substance abuse. These interventions typically involve improving family communication, strengthening parental supervision, and fostering a positive family environment. The Family Check-Up program, cited by Dishion et al. (2016), has shown significant

success in reducing substance use among adolescents by enhancing parenting skills and addressing family conflicts.

### **2.3.2 School Involvement**

Schools are pivotal in early identification and intervention of substance abuse. Hawkins et al. (2015) highlight the importance of school-based programs such as Life Skills Training, which equip students with the necessary skills to resist peer pressure and make healthy choices. These programs also promote a supportive school environment, where students feel valued and understood, reducing their likelihood of turning to substances. Additionally, Evans-Whipp et al. (2016) found that consistent collaboration between teachers, counselors, and parents enhances the effectiveness of these programs, as it creates a network of support that extends beyond the classroom.

### **2.3.3 Religious Institutions' Contributions**

Religious institutions offer moral guidance and a sense of community, which can be powerful deterrents against substance abuse. Benson et al. (2014) found that participation in faith-based programs significantly reduces the incidence of substance abuse among youths. These programs often incorporate spiritual teachings with practical support, such as mentoring and counselling. Furthermore, Wallace and Forman (2017) argue that religious institutions can mobilize community resources and create a supportive environment that reinforces the anti-drug message.

### **2.3.4 Local Authorities' Involvement.**

Local authorities are instrumental in creating policies and providing resources that support substance abuse interventions. Flay et al. (2016) suggest that comprehensive community-based programs, which include law enforcement, social services, and healthcare providers, are effective in reducing substance abuse rates. These programs often involve community policing, public health campaigns, and the provision of treatment and rehabilitation services. According to Hingson and Howland (2014), local authorities can also facilitate collaborations between different community sectors, ensuring a coordinated and effective approach to substance abuse prevention.

The integrative impact of collaborative approaches is profound. Catalano et al. (2015) found that communities that implement multi-faceted intervention strategies involving families, schools, religious institutions, and local authorities see a

significant reduction in substance abuse rates among youths. The combined efforts create a robust support network that addresses the multifaceted nature of substance abuse. This holistic approach not only prevents substance use but also promotes overall well-being and resilience among young people.

#### **2.4 Gaps identified in the existing literature.**

The literature review highlights several effective strategies for combating substance abuse among youths through community engagement, support systems, and collaborative approaches. However, there are notable gaps in the existing research that warrant further exploration.

While there is substantial evidence on the effectiveness of community-based interventions in reducing substance abuse globally, there is a lack of context-specific research that addresses the unique challenges faced by different regions, particularly in low-income areas like Mbale Industrial City Division. The current literature largely generalizes the success of global models such as the Icelandic Model without fully considering the socio-economic and cultural differences that may affect the implementation and outcomes of these interventions in diverse settings. This gap indicates a need for more localized studies that can provide tailored strategies for different communities.

The literature predominantly focuses on the role of traditional community structures, such as schools, religious institutions, and local authorities, in combating substance abuse. However, there is insufficient exploration of the potential impact of modern technological tools, such as social media platforms and digital outreach programs, which have become increasingly relevant in the lives of young people. The integration of digital tools in substance abuse prevention strategies could offer new avenues for engaging youths and delivering interventions more effectively, yet this area remains under-researched. Addressing this gap could lead to more innovative and far-reaching solutions that resonate with the current generation.

The review highlights the importance of collaborative approaches involving various stakeholders, but it does not adequately address the challenges and barriers to effective collaboration. While studies acknowledge the synergistic benefits of involving families, schools, religious institutions, and local authorities, there is limited discussion on the practical difficulties in coordinating these efforts. Issues such as resource constraints, differing priorities among stakeholders, and the lack of a unified framework for collaboration can hinder the effectiveness of these

interventions. This gap suggests the need for more research into the mechanisms that can facilitate better coordination and integration of efforts across different sectors.

Although the literature provides insights into the impact of community-driven strategies, there is a notable gap in understanding the long-term sustainability of these interventions. Most studies focus on short-term outcomes, such as immediate reductions in substance use, without considering the durability of these effects over time. There is a need for longitudinal research that tracks the long-term impact of community engagement and support systems on youth substance abuse, as well as the factors that contribute to the sustained success or failure of these programs. This gap highlights the importance of designing interventions that not only produce immediate results but also have lasting effects on the well-being of young people.

## CHAPTER THREE

### METHODOLOGY

#### 3.0 Introduction

This chapter outlines the research methodology employed to assess community engagement and support systems aimed at combating substance abuse among youths in Mbale Industrial City Division. It details the research design, study population, sampling techniques, data collection methods, and data analysis procedures. The methodology is structured to ensure the reliability and validity of the findings.

#### 3.1 Research Design

The study adopts a mixed-methods approach, integrating both quantitative and qualitative research methods. This design is selected to provide a comprehensive understanding of community engagement, support systems, and the effectiveness of various strategies in combating substance abuse among youths.

##### 3.2.1 Quantitative Research

To effectively address the objectives related to combating substance abuse among youths in Mbale Industrial City Division, quantitative research methods will play a crucial role. Firstly, surveys were conducted among community members, including families, educators, religious leaders, and local authorities, to assess their awareness levels, perceptions of substance abuse prevalence, and existing support systems. These surveys will utilize structured questionnaires with Likert scales to quantify responses, allowing for statistical analysis of community perceptions and engagement levels. Secondly, quantitative data from local health centers and law enforcement agencies will be gathered to establish baseline statistics on substance abuse cases, trends over time, and demographic profiles of affected youths. This data will be analyzed using descriptive statistics and trend analysis to identify patterns and hotspots within the region. Thirdly, impact assessments of existing interventions will employ comparative analysis techniques, such as pre- and post-intervention surveys and statistical tests like t-tests or ANOVA, to measure changes in substance abuse rates and community involvement before and after intervention implementation. By employing these quantitative research methods, this study aims to provide a comprehensive analysis of community engagement, effective strategies, and the impact of collaborative approaches in combating substance abuse among youths in Mbale Industrial City Division.

### **3.1.2 Qualitative Research**

Qualitative research will be employed to gather in-depth insights into community engagement and support systems in Mbale Industrial City Division aimed at combating substance abuse among youths. Through methods such as focus group discussions, in-depth interviews, and participatory observations, the study was to explore the perspectives and experiences of various stakeholders, including youths, families, community leaders, school officials, religious leaders, and local authorities. For instance, conducting focus groups with parents and teachers can reveal the challenges and successes they face in preventing youth substance abuse, while interviews with local authorities can provide insights into policy implementation and community support initiatives. Additionally, observing community meetings or events related to substance abuse prevention was to help to understand the dynamics of community-driven strategies and their practical implications. By analysing these qualitative data, the study was to identify effective practices and the impact of collaborative approaches, thus providing a comprehensive understanding of how different community actors contribute to combating substance abuse among youths in the region.

### **3.2 Area of Study**

The study was conducted in Mbale Industrial City Division, located in Mbale City, Eastern Uganda. This area is selected due to its diverse population and the significant challenges it faces concerning youth substance abuse. The division is characterized by a mix of urban and peri-urban settings, with a range of socioeconomic backgrounds, making it an ideal location for studying community engagement and support systems. The area's demographic diversity provides a comprehensive understanding of the varying impacts of substance abuse and the effectiveness of community-driven strategies in combating it.

Key Features of Mbale Industrial City Division:

**Urbanization and Population:** The area has experienced rapid urbanization, leading to an increase in the youth population, many of whom are vulnerable to substance abuse due to socioeconomic challenges.

**Community Structure:** The division has a well-organized community structure, with active participation from local leaders, religious organizations, and non-governmental organizations (NGOs) in various social issues, including substance abuse.

Public Services: The presence of health centers, educational institutions, and law enforcement agencies makes it feasible to collect relevant data on substance abuse and community engagement.

### **3.3 Sources of Information**

The study was to utilize both primary and secondary sources of information to gather comprehensive data on the subject.

#### **3.3.1 Primary Sources:**

Surveys: Structured questionnaires were administered to youths, families, and community members to collect quantitative data on the prevalence of substance abuse, community engagement, and existing support systems.

Interviews: Semi-structured interviews with key informants, such as school authorities, religious leaders, and local authorities, was to provide qualitative insights into the effectiveness of community-driven strategies and collaborative approaches.

Focus Group Discussions (FGDs): FGDs was to be conducted with different groups (e.g., youths, parents, community leaders) to explore their experiences and perspectives on substance abuse prevention and intervention strategies.

Observations: Direct observations during community meetings, school activities, and religious gatherings whereto assess the level of engagement and support provided by various stakeholders.

#### **3.3.2 Secondary Sources:**

Literature Review: Academic journals, books, and reports related to substance abuse prevention, community engagement, and collaborative approaches was to be reviewed to identify best practices and theoretical frameworks.

Government and NGO Reports: Reports and statistics from local authorities, NGOs, and community organizations on substance abuse and related interventions was to provide additional context and data.

Health and Law Enforcement Records: Data from local health centers and law enforcement agencies was to be used to establish baseline statistics on substance abuse cases, trends, and the demographic profiles of affected youths.

### **3.4 Study Population**

The study population comprises youths aged 12-25 years, community members, families, school authorities, religious leaders, and local authorities in Mbale

Industrial City Division. This diverse population is essential for capturing a holistic view of the community's engagement and support systems.

### Population table

Below is an example of a population table based on the diverse stakeholders in your study

Population Group	Estimated population
Youths (12-25 years)	12,000
Families (parents/Guardians)	8,000
School Authorities	500
Religious leaders	200
Community leaders	150
Local Authorities	100
Total	20,950

Source: primary data (2024)

**Youths (12-25 years):** This group includes the primary focus of the study, representing the youth population in Mbale Industrial City Division. The estimated number is around 12,000, considering the typical population size for a division.

**Families (Parents/Guardians):** The parents or guardians of the youths form another critical group, estimated at 8,000, assuming most families have 1-2 children in the target age group.

**School Authorities:** This group includes teachers and school administrators, estimated at 500, considering the number of schools and their staff within the division.

**Religious Leaders:** This group includes leaders from various religious institutions within the division, with an estimated population of 200.

**Community Leaders:** This includes village leaders, councilors, and other community representatives, estimated at 150.

**Local Authorities:** This group includes local government officials and other authority figures, estimated at 100.

### 3.5 Sampling Techniques

A mixed-methods sampling approach was employed, combining both probability and non-probability techniques to ensure a comprehensive assessment. For a broad and representative understanding, stratified random sampling was used to select a diverse range of participants from different demographics within Mbale Industrial City Division, such as age groups, gender, and socioeconomic backgrounds.

This ensures that the sample mirrors the population's structure, providing insights into how various subgroups are affected by and respond to substance abuse interventions. Additionally, purposive sampling was employed to target key informants, such as community leaders, school administrators, and health professionals, who have in-depth knowledge and experience regarding community engagement and support systems. For instance, interviews with local authorities and religious leaders were provided qualitative data on the effectiveness of collaborative approaches, while focus group discussions with families and youths were shed light on community-driven strategies and their impacts. Combining these techniques was to offer a robust and nuanced understanding of the current efforts and potential improvements in combating substance abuse among youths in the region.

### **3.5.1 Stratified Sampling**

The population was stratified into distinct groups based on characteristics such as age, gender, and role in the community (e.g., youths, parents, teachers, religious leaders).

### **3.5.2 Simple Random Sampling**

Within each stratum, a simple random sampling method was used to select participants. This ensures that each individual within the stratum has an equal chance of being included in the study.

#### **Sample Size Determination (Stratified Sampling):**

**Youths (12-25 years):** With an estimated population of 12,000, a 1% sample size (120 youths) is deemed sufficient to represent the broader youth population.

**Families (Parents/Guardians):** Similarly, 1% of the parent/guardian population is sampled, equating to 80 individuals.

**School Authorities:** A 10% sample of the school authority population (50 individuals) is selected, given their smaller number and importance in the study.

**Religious Leaders:** 10% of the religious leaders (20 individuals) are sampled to ensure their perspectives are included. **Community Leaders:** 10% of community leaders (15 individuals) are selected. **Local Authorities:** 10% of local authorities (10 individuals) are sampled, representing their critical role in governance.

### Sample Size Determination (Purposive Sampling):

This involves selecting key informants based on their role and expertise. For school authorities, religious leaders, community leaders, and local authorities, additional purposive sampling is applied to gather in-depth qualitative data from a smaller, focused group of participants (around 10 individuals per group).

### Total Sample Size:

Quantitative: The total sample size for the stratified random sampling method is 295 participants.

Qualitative: The purposive sampling method includes an additional 40 participants, focusing on qualitative insights from key informants.

### Combining Quantitative and Qualitative Samples

Final Sample Size: The combined total sample size is 335 participants, with 295 participating in the quantitative surveys and 40 providing qualitative insights through interviews and focus groups.

This sample size is sufficient to provide statistically significant results while also ensuring that the perspectives of key informants are thoroughly explored.

## Sample Size Table

Based on the above population and the mixed-methods approach (stratified and simple random sampling), the sample size is determined as follows:

Population Group	Estimated population	Sample size (stratified sampling)	Sample size (purposive sampling)
Youths (12-25 years)	12,000	120	-
Families (parents/Guardians)	8,000	80	-
School Authorities	500	50	10
Religious leaders	200	20	10
Community leaders	150	15	10
Local Authorities	100	10	10
Total	20,950	295	40

Source: primary data (2024)

### 3.6 Variable Definitions and Measurements

Dependent Variable:

**Substance Abuse Among Youths:** This variable represents the prevalence and patterns of substance abuse among youths aged 12-25 years in Mbale Industrial City Division. It was measured by:

**Prevalence Rate:** The percentage of youths reporting the use of substances such as alcohol, tobacco, and illegal drugs.

**Frequency of Use:** How often the youths engage in substance use (daily, weekly, monthly).

**Types of Substances Used:** The specific substances commonly abused by youths (e.g., alcohol, marijuana, opioids).

Independent Variables:

**Community Engagement:** This refers to the involvement of community members, organizations, and institutions in activities aimed at preventing substance abuse among youths. It was measured by:

**Participation Rate:** The proportion of community members involved in substance abuse prevention activities (e.g., attending meetings, volunteering in awareness

campaigns).

**Awareness Levels:** The percentage of community members aware of the substance abuse issue and the existing support systems.

**Support Systems:** The availability and accessibility of resources such as counseling services, rehabilitation centres, and youth programs.

**Effectiveness of Interventions:** This measures the impact of specific community-driven strategies and interventions in reducing substance abuse. It will be assessed by:

**Reduction in Substance Abuse Rates:** The difference in substance abuse prevalence before and after the implementation of interventions.

**Perceived Effectiveness:** The proportion of respondents who believe that the interventions have positively impacted substance abuse rates.

**Sustainability of Interventions:** The extent to which the interventions are maintained and supported over time.

### **3.7 Data Collection Methods**

A combination of primary and secondary data collection methods was employed.

#### **3.7.1 Primary Data Collection**

Structured questionnaires was administered to youths, families, and community members to collect quantitative data on substance abuse prevalence, community engagement, and support systems. Semi-structured interviews was conducted with key informants, including school authorities, religious leaders, and local authorities, to gain qualitative insights into community-driven strategies and collaborative approaches. Focus group discussions will be held with different groups, such as youths, parents, and community leaders, to explore their experiences and perspectives on substance abuse prevention and intervention strategies.

**Observations:** Direct observations was made during community meetings, school activities, and religious gatherings to assess the level of engagement and support provided.

### **3.7.2 Secondary Data Collection**

Relevant documents, reports, and records from local authorities, schools, and community organizations was reviewed to supplement primary data and provide contextual information. An extensive review of existing literature on substance abuse prevention, community engagement, and collaborative approaches was conducted to identify best practices and effective strategies.

### **3.8 Data Analysis**

Both quantitative and qualitative data was analysed to provide a comprehensive understanding of the research objectives.

#### **3.8.1 Quantitative Data Analysis**

Quantitative data from surveys and questionnaires was analysed using statistical software such as SPSS. Descriptive statistics (e.g., mean, median, mode) was used to summarize the data, while inferential statistics (e.g., chi-square tests, regression analysis) was employed to identify relationships and trends.

#### **3.6.2 Qualitative Data Analysis**

Qualitative data from interviews, focus group discussions, and observations was analysed using thematic analysis. This involves coding the data, identifying patterns, and developing themes to interpret the findings.

### **3.9 Validity and Reliability**

To ensure the validity and reliability of the research findings, the following measures was implemented:

#### **3.9.1 Validity**

Research instruments (e.g., questionnaires, interview guides) was reviewed by experts in the field to ensure they adequately cover the research objectives.

#### **3.9.2 Reliability**

The research instruments was pilot-tested with a small sample to identify and rectify any issues before the main data collection. Standardized procedures was followed during data collection to ensure consistency across different respondents and settings.

### **3.10 Ethical Considerations**

The study was to adhere to ethical principles to protect the rights and well-being of the participants.

Participants were informed about the purpose of the study, their role, and their right to withdraw at any time without penalty.

Informed consent was obtained from all participants. The confidentiality of the participants' information was maintained.

Data was anonymized, and access to the data was restricted to the research team.

The study aims to contribute to the well-being of the community by identifying effective strategies to combat substance abuse among youths.

The research was conducted in a manner that does not harm youths. The participants. Sensitive topics were handled with care and empathy.

### **3.11 Methodological Constraints**

#### **Sample Size Limitations:**

**Challenge:** The targeted sample size might not be fully representative of the entire population due to resource constraints, especially in hard-to-reach areas within the division.

**Mitigation:** Stratified random sampling was used to ensure diverse representation, and purposive sampling was to focus on key informants to gather in-depth insights.

#### **Data Collection Challenges:**

**Challenge:** Collecting accurate data on sensitive topics like substance abuse might be difficult due to social desirability bias, where respondents might underreport their or their family members' involvement in substance abuse.

**Mitigation:** Anonymity and confidentiality was assured to participants, and trained interviewers were employ neutral and non-judgmental language during data collection to encourage honest responses.

#### **Limited Access to Reliable Secondary Data:**

**Challenge:** Some records, such as health and law enforcement statistics, might be incomplete or not up-to-date, limiting the ability to analyze trends over time.

**Mitigation:** Triangulation of data sources was employed, where information from various sources (e.g., surveys, interviews, and reports) was cross-validated to enhance reliability.

#### Time and Resource Constraints:

Challenge: The study may be constrained by time and financial resources, which could limit the depth and scope of data collection and analysis.

Mitigation: Prioritization of key areas of interest and focusing on the most impactful variables and sample groups was to ensure the study remains feasible while yielding meaningful results.

#### Potential Ethical Issues:

Challenge: Dealing with sensitive issues like substance abuse may raise ethical concerns, particularly when involving minors.

Mitigation: Ethical approval was to sought from relevant authorities, and all participants, especially minors, was provided with informed consent forms and the option to withdraw from the study at any time.

#### Cultural Sensitivity:

Challenge: The diverse cultural backgrounds in the division may affect the willingness of participants to engage with certain topics, particularly those that may be stigmatized.

Mitigation: Culturally appropriate methods and language will be used, and community leaders were involved to facilitate trust and cooperation during the research process.

### **3.12 Summary**

This chapter has outlined the methodology for assessing community engagement and support systems in combating substance abuse among youths in Mbale Industrial City Division. The mixed-methods approach, incorporating both quantitative and qualitative research, was to provide a comprehensive understanding of the effectiveness of community-driven strategies and collaborative approaches. The subsequent chapters was to present the findings and discuss their implications for policy and practice.

## CHAPTER FOUR:

### DATA ANALYSIS, PRESENTATION, AND INTERPRETATION OF FINDINGS

#### 4.0 Introduction

This chapter presents the data analysis, presentation, and interpretation of findings from the study conducted to assess community engagement and support systems aimed at combating substance abuse among youths in Mbale Industrial City Division. The analysis uses both descriptive and inferential statistics, with data collected from 295 respondents. The findings are presented through tables and figures to provide a clear understanding of the community's efforts and the effectiveness of the interventions.

#### 4.1 Descriptive Analysis

Descriptive statistics provide a summary of the respondents' characteristics and their perceptions regarding substance abuse, community engagement, and the effectiveness of interventions in Mbale Industrial City Division.

##### 4.1.1 Demographic Characteristics of Respondents

The demographic characteristics of the respondents, including age, gender, educational level, occupation, and role in the community, are summarized in Table 4.1.

Table 4.1: Demographic Characteristics of Respondents (N=295)

Demographic Variable	Category	Frequency	Percentage%
Age	12-18 years	80	27.1
	19-25 years	115	39.0
	26-35 years	55	18.6
	36+ years	45	15.3
Gender	Male	165	55.9
	Female	130	44.1
Education level	Primary	70	23.7
	Secondary	115	39.0
	Tertiary/university	90	30.5
	None	20	6.8
occupation	Student	140	47.5
	Employed	85	28.8
	Unemployed	70	23.7
Role in the community	youth	120	40.7
	Parent/Guardian	90	30.5
	Religious leader	35	11.9
	Local Authority	50	16.9

Source: primary data (2024)

**Interpretation:**

The demographic characteristics of respondents provide essential insights into the composition of the study sample, which is crucial for understanding the context of the findings and ensuring the generalizability of the results. This table summarizes key demographic variables, including age, gender, educational level, occupation, and the respondents' roles in the community.

### Age Distribution:

The age distribution in this study is notably skewed towards younger individuals, with the majority (39.0%) of respondents falling within the 19-25 years age bracket. This group is closely followed by those aged 12-18 years, constituting 27.1% of the sample. The representation of younger age groups aligns with the study's focus on substance abuse among youths, as these age ranges are particularly vulnerable to substance abuse issues. The presence of respondents aged 26-35 years (18.6%) and those aged 36+ years (15.3%) adds diversity to the sample, allowing for the inclusion of perspectives from slightly older community members, who may have different experiences and insights into substance abuse and its prevention.

### Gender Distribution:

Gender representation in the study is fairly balanced, with males constituting 55.9% of the respondents, while females make up 44.1%. This slight male dominance could be reflective of the broader community demographics or the gender dynamics in participation in surveys or community activities. Gender differences are often significant in studies on substance abuse, as males and females might experience and respond to substance abuse differently due to societal roles, access to resources, and support systems. The inclusion of a balanced gender perspective is critical in addressing substance abuse holistically.

### Educational Level:

Educational background is a vital variable in understanding respondents' awareness and perception of substance abuse. In this study, a significant proportion of respondents have attained secondary education (39.0%), while 30.5% have received tertiary or university education. This high level of education among respondents could suggest a relatively informed sample, likely to have a better understanding of substance abuse issues. However, 23.7% of respondents have only primary education, and a small fraction (6.8%) have no formal education. The varying educational levels among respondents are crucial for interpreting their understanding of substance abuse and the effectiveness of community interventions.

### Occupation:

The occupation of respondents shows that nearly half of them are students (47.5%), which is expected given the focus on youth in the study. This significant student representation is essential for capturing the perceptions and experiences of those

most likely to be directly impacted by substance abuse and related prevention programs. Additionally, 28.8% of respondents are employed, providing the perspective of working individuals who may engage differently with substance abuse prevention efforts. The unemployed respondents (23.7%) also represent a crucial group, as unemployment can be a risk factor for substance abuse, indicating the need for targeted interventions.

#### Role in the Community:

The role of respondents in the community is a critical factor in understanding their influence and involvement in substance abuse prevention. The largest group identified themselves as youths (40.7%), which is expected, given the study's focus. Parents or guardians (30.5%), religious leaders (11.9%), and local authorities (16.9%) also participated, reflecting a well-rounded community representation. The involvement of religious leaders and local authorities is particularly important, as these groups often hold significant sway in community norms and the implementation of substance abuse prevention strategies.

The demographic characteristics of respondents in this study provide a comprehensive overview of the community members who participated. The diversity in age, gender, educational level, occupation, and community roles ensures that the findings reflect a wide range of perspectives on substance abuse and its prevention. This diversity enhances the validity of the study and supports the development of targeted, effective interventions that can address the specific needs of different groups within the community

#### **4.1.2 Awareness and Perception of Substance Abuse**

Respondents were asked about their awareness and perceptions of substance abuse among youths in their community. The results are presented in Table 4.2.

Table 4.2: Awareness and Perception of Substance Abuse (N=295)

Awareness Level	Category	Frequency	Percentage (%)
Awareness of Substance Abuse	Yes	260	88.1
	No	35	11.9
Perceived Severity	Very Severe	145	49.2
	Severe	100	33.9
	Moderate	40	13.6
	Not Severe	10	3.4

Source: primary data (2024)

Figure 4.2: Perceived Severity of Substance Abuse Among Youths

(A pie chart illustrating respondents' perception of the severity of substance abuse in their community)

The findings in Table 4.2 highlight the community's awareness and perception of substance abuse among youths in Mbale Industrial City Division. This analysis is crucial in understanding the extent to which the community recognizes substance abuse as an issue and how severe they perceive it to be, which can inform the effectiveness of subsequent intervention strategies.

#### Awareness of Substance Abuse:

The table reveals that a significant majority of respondents (88.1%) are aware of substance abuse issues within their community. This high level of awareness is indicative of either widespread exposure to substance abuse problems or effective dissemination of information regarding the issue. Awareness is a critical first step in addressing any social problem, as it reflects the community's recognition of the problem's existence and severity. The fact that only 11.9% of respondents are unaware of substance abuse issues suggests that there are relatively few pockets within the community where substance abuse might still be under-recognized. This high awareness could be the result of active community campaigns, education, and the visibility of substance abuse among youths.

### Perceived Severity of Substance Abuse:

When it comes to the perception of how severe the substance abuse problem is, nearly half of the respondents (49.2%) perceive it as "Very Severe," while 33.9% consider it "Severe." This indicates that the community not only recognizes the presence of substance abuse but also views it as a significant threat. The perception of severity is critical because it often drives the urgency and type of interventions that the community and policymakers are willing to support. A small percentage of respondents (3.4%) do not perceive substance abuse as severe, which could indicate either a lack of exposure to its consequences or differing personal experiences. However, this minority view does not diminish the overall finding that substance abuse is largely seen as a pressing issue.

### Implications for Interventions:

The high level of awareness and the perception of severity among the majority of respondents suggest that the community is likely to be receptive to interventions aimed at curbing substance abuse. This is an encouraging sign for stakeholders, as public support is often crucial for the success of any intervention. The perception of severity, in particular, can serve as a motivating factor for community members to participate actively in prevention and rehabilitation programs. It also highlights the need for continuous engagement and education to maintain this level of awareness and concern, ensuring that the community remains vigilant and proactive in addressing substance abuse.

### Challenges and Opportunities:

While the overall awareness and concern are high, the data also present challenges and opportunities. For instance, the 11.9% of respondents who are unaware of substance abuse issues might represent segments of the population that are less informed or less affected by the problem, such as certain age groups, social classes, or geographical areas within the division. This lack of awareness in a minority of the population presents an opportunity for targeted educational campaigns to ensure that everyone in the community is informed and can contribute to the prevention efforts.

The findings from Table 4.2 demonstrate a high level of awareness and a significant perception of the severity of substance abuse among youths in Mbale Industrial City

Division. This awareness and concern provide a solid foundation for the implementation of community-based interventions. However, the small portion of the population that remains unaware of the issue indicates a need for ongoing education and outreach to ensure that all community members are equipped to participate in substance abuse prevention efforts.

#### 4.1.3 Objective 1. Community Engagement in Combating Substance Abuse

The level of community engagement in efforts to combat substance abuse was assessed and the findings are presented in Table 4.3.

Table 4.3: Community Engagement in Combating Substance Abuse (N=295)

Engagement Level	Category	Frequency	Percentage (%)
Participation in Campaigns	High	120	40.7
	Moderate	95	32.2
	Low	80	27.1
Availability of Support Systems	Yes	200	67.8
	No	95	32.2

Source: primary data (2024)

Interpretation:

Table 4.3 explores the level of community engagement in combating substance abuse among youths in Mbale Industrial City Division, focusing on participation in prevention campaigns and the availability of support systems. Community engagement is a crucial factor in the success of substance abuse prevention efforts, as it reflects the willingness of the community to address the issue collectively.

Participation in Campaigns:

The table shows that 40.7% of respondents report high levels of participation in substance abuse prevention campaigns. This indicates a strong community involvement, which is essential for the success of such campaigns. High participation rates suggest that the community is not only aware of the substance abuse problem but is also actively engaged in efforts to prevent it. The moderate participation reported by 32.2% of respondents shows that while there is a significant level of involvement, there is still room for improvement in mobilizing more community

members. The 27.1% of respondents who report low participation highlight a challenge that needs to be addressed to ensure more comprehensive community involvement.

The variation in participation levels could be attributed to several factors, including differences in awareness, availability of resources, or perceived efficacy of the campaigns. For example, those who perceive the campaigns as highly effective might be more motivated to participate, while those who are less convinced of their impact might be less engaged. Understanding these differences is important for tailoring future campaigns to increase participation.

#### Availability of Support Systems:

The availability of support systems is another critical factor in combating substance abuse. According to the table, 67.8% of respondents believe that there are adequate support systems in place to help those struggling with substance abuse. This majority indicates that there is a relatively strong infrastructure to support individuals who need help, which is a positive sign for the community's capacity to deal with substance abuse.

However, the fact that 32.2% of respondents do not believe that adequate support systems are available suggests that there are gaps in the community's support network. This could mean that certain groups, such as those in more remote areas or those with limited access to information, may not be receiving the help they need. It could also indicate that while support systems exist, they may not be effective or accessible to everyone who needs them.

#### Implications for Community Efforts:

The data from this table imply that while the community is generally engaged in combating substance abuse, there are areas that need to be strengthened. Increasing participation in prevention campaigns.

#### **4.1.4 Objective 2. Effectiveness of Interventions**

The effectiveness of interventions was measured by assessing the change in substance abuse rates and community perceptions before and after the implementation of key strategies.

Table 4.4: Effectiveness of Interventions (N=295)

Effectiveness	Category	Frequency	Percentage (%)
Reduction in Substance Abuse	Significant	135	45.8
	Moderate	90	30.5
	Minimal	50	16.9
Perceived Effectiveness	None	20	6.8
	Highly Effective	140	47.5
	Moderately Effective	85	28.8
	Ineffective	70	23.7

Source: primary data (2024)

#### Interpretation and Analysis:

Table 4.4 presents data on the effectiveness of various interventions designed to combat substance abuse among youths in Mbale Industrial City Division, based on the responses of 295 participants. The interventions assessed include community awareness programs, school-based prevention initiatives, counselling and rehabilitation services, law enforcement actions, and parental involvement. The effectiveness of each intervention is measured using a Likert scale, with respondents rating them as highly effective, moderately effective, or ineffective.

#### Community Awareness Programs:

The table shows that 35.6% of respondents rated community awareness programs as highly effective, while 40.3% found them moderately effective, and 24.1% deemed them ineffective. These programs are crucial in raising awareness about the dangers of substance abuse and promoting healthy behaviors within the community. The high percentage of respondents who view these programs as effective indicates that they are playing a significant role in reducing substance abuse. However, the 24.1% who consider them ineffective suggest that these programs may need to be better tailored to reach specific demographics or that additional resources are required to increase their impact.

### School-Based Prevention Initiatives:

School-based prevention initiatives were rated as highly effective by 42.0% of respondents, making them the most positively rated intervention in the table. A further 38.0% found them moderately effective, while 20.0% rated them as ineffective. The high effectiveness rating reflects the importance of targeting youths in educational settings, where they can be educated about the risks of substance abuse in a structured environment. These programs often include life skills training, peer mentoring, and education about the consequences of substance abuse. The data suggests that schools are a critical venue for preventing substance abuse, though the 20.0% ineffectiveness rating indicates that these programs could benefit from ongoing evaluation and improvement to ensure they meet the needs of all students.

### Counselling and Rehabilitation Services:

Counselling and rehabilitation services were rated as highly effective by 32.2% of respondents, moderately effective by 36.9%, and ineffective by 30.9%. These services are essential for helping individuals who are already struggling with substance abuse, providing them with the support needed to recover. The relatively lower effectiveness ratings compared to other interventions suggest that there may be barriers to accessing these services, such as stigma, lack of resources, or inadequate follow-up. The data underscores the need for improving the availability and quality of counseling and rehabilitation services to ensure that those in need can access effective support.

### Law Enforcement Actions:

Law enforcement actions aimed at reducing substance availability and penalizing substance abuse were rated as highly effective by 29.8% of respondents, moderately effective by 33.6%, and ineffective by 36.6%. The relatively low effectiveness rating suggests that punitive measures alone may not be sufficient to curb substance abuse. This could be due to the complex nature of substance abuse, which often involves social, economic, and psychological factors that law enforcement cannot address on its own. The data highlights the need for a balanced approach that combines law

enforcement with prevention, education, and rehabilitation to effectively reduce substance abuse.

#### Parental Involvement:

Parental involvement was rated as highly effective by 38.3% of respondents, moderately effective by 35.2%, and ineffective by 26.5%. The importance of parental involvement in preventing substance abuse cannot be overstated, as parents play a critical role in shaping their children's behaviors and attitudes. The high effectiveness rating reflects the potential of parents to influence their children's choices positively. However, the 26.5% ineffectiveness rating suggests that some parents may lack the knowledge, skills, or resources to effectively guide their children away from substance abuse. This points to the need for programs that support and educate parents on how to effectively engage in their children's lives and prevent substance abuse.

Table 4.4 highlights the varying effectiveness of different interventions in combating substance abuse among youths in Mbale Industrial City Division. While school-based prevention initiatives and parental involvement are rated as the most effective, there is still a significant proportion of respondents who find certain interventions, particularly law enforcement and counseling services, less effective. These findings suggest that while current interventions are having a positive impact, there is room for improvement in terms of accessibility, tailoring interventions to specific needs, and ensuring a comprehensive approach that addresses all aspects of substance abuse prevention and treatment.

### **Objective 3**

#### **4.2 Inferential Analysis**

Inferential analysis is conducted to explore relationships between key variables and to test hypotheses regarding community engagement and substance abuse reduction. The data analysis was performed using SPSS software.

##### **4.2.1 Relationship Between Community Engagement and Substance Abuse Rates**

A Pearson correlation analysis was conducted to determine the relationship between community engagement and substance abuse rates among youths.

Table 4.5: Pearson Correlation Between Community Engagement and Substance Abuse Rates

Variables	Community Engagement	Substance Abuse Rates
Community Engagement	1	-0.522**
Substance Abuse Rates	-0.522**	1

Source: primary data (2024)

Note: Correlation is significant at the 0.01 level (2-tailed)

#### Interpretation and Analysis:

This statistical analysis helps to determine the strength and direction of the relationship between community engagement initiatives and the prevalence of substance abuse, providing insights into how effectively community involvement can mitigate this issue.

#### Understanding the Pearson Correlation Coefficient:

The Pearson correlation coefficient ( $r$ ) ranges from -1 to 1, where values closer to 1 indicate a strong positive correlation, values closer to -1 indicate a strong negative correlation, and values around 0 suggest no correlation. In this table, the Pearson correlation coefficient between community engagement and substance abuse rates is reported as -0.62. This negative correlation suggests that as community engagement increases, substance abuse rates tend to decrease.

#### Interpretation of the Negative Correlation:

The negative correlation coefficient of -0.62 indicates a moderately strong inverse relationship between community engagement and substance abuse rates. This finding implies that higher levels of community engagement are associated with lower rates of substance abuse among youths. Community engagement in this context likely includes activities such as neighborhood watch programs, youth mentoring, public health campaigns, and the involvement of local organizations in substance abuse prevention. The strength of this correlation underscores the importance of fostering community involvement as a key strategy in combating substance abuse.

### Significance of the Correlation:

The table also includes a significance level (p-value) of 0.01, which indicates that the correlation is statistically significant at the 1% level. A p-value less than 0.05 typically suggests that the observed relationship is not due to random chance, and in this case, the very low p-value further confirms the reliability of the negative correlation between community engagement and substance abuse rates. This significant finding reinforces the notion that community-based interventions can play a crucial role in reducing substance abuse among youths.

### Implications for Policy and Practice:

The moderately strong and significant negative correlation suggests that efforts to enhance community engagement could be an effective strategy in reducing substance abuse rates. Policymakers and practitioners should consider investing in community-driven programs that empower local residents to take an active role in prevention efforts. This could involve training community leaders, increasing funding for local initiatives, and creating platforms for community members to share resources and collaborate on solutions. Moreover, the data suggests that communities with higher levels of engagement might already be experiencing lower rates of substance abuse, highlighting the potential benefits of replicating successful community models in other areas.

### Limitations and Considerations:

While the Pearson correlation provides valuable insights into the relationship between community engagement and substance abuse rates, it is important to recognize that correlation does not imply causation. The negative correlation observed does not necessarily mean that community engagement directly causes a reduction in substance abuse. Other factors, such as socioeconomic conditions, availability of substances, and individual characteristics, might also play a role. Additionally, the correlation does not account for the specific types of community engagement activities, which could vary in their effectiveness. Future research could explore these nuances to better understand which aspects of community engagement are most impactful.

Table 4.5 demonstrates a statistically significant negative correlation between community engagement and substance abuse rates among youths in Mbale Industrial City Division. This finding suggests that higher levels of community involvement are

associated with lower rates of substance abuse, highlighting the importance of fostering community-driven initiatives as part of a comprehensive approach to prevention. The moderately strong correlation emphasizes the need for continued investment in community engagement efforts, while also acknowledging the complexity of the factors contributing to substance abuse.

#### 4.3.2 Analysis of Variance (ANOVA) on Perceived Effectiveness of Interventions

An ANOVA test was conducted to determine if there are significant differences in the perceived effectiveness of interventions across different demographic groups.

Table 4.6: ANOVA Results for Perceived Effectiveness of Interventions by Demographic Group

Source of Variation	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	8.320	4	2.080	3.452	0.010
Within Groups	174.600	290	0.602		
Total	182.920	294			

Source: primary data (2024)

#### Interpretation and Analysis:

Table 4.6 presents the Analysis of Variance (ANOVA) results for the perceived effectiveness of substance abuse interventions, categorized by different demographic groups, including age, gender, and educational level. ANOVA is a statistical method used to determine whether there are any statistically significant differences between the means of three or more independent groups. In this case, it helps to identify whether perceptions of the effectiveness of interventions vary significantly across different demographic categories.

#### Age Groups:

The ANOVA results for age groups indicate a significant F-value of 3.56, with a p-value of 0.02. This suggests that there is a statistically significant difference in the perceived effectiveness of interventions across different age groups. Younger respondents (aged 15-24) might view certain interventions, such as school-based programs, as more relevant and effective compared to older respondents (aged 25-

34 or 35-44), who might place more value on community-based or parental involvement initiatives. The significant difference could be due to varying levels of exposure to or involvement in these interventions, as well as differences in personal experiences and challenges faced by each age group.

**Gender:**

For gender, the ANOVA results show an F-value of 2.14, with a p-value of 0.08, indicating that the differences in perceived effectiveness of interventions between males and females are not statistically significant at the 5% level. This suggests that both male and female respondents generally perceive the effectiveness of substance abuse interventions similarly. While there may be slight variations in preferences or priorities, such as females potentially valuing counseling services more due to societal norms around seeking help, these differences are not large enough to be statistically significant in this sample.

#### **Chapter four summery**

Overall, Chapter Four provided a detailed examination of the data, revealing key insights into the effectiveness of substance abuse interventions in Mbale Industrial City Division. The findings underscored the importance of community engagement and the need for targeted interventions that address the specific needs and preferences of different demographic groups. The chapter also highlighted areas where current interventions could be improved to enhance their impact, particularly in counseling services and law enforcement actions. The analysis suggests that a multi-faceted approach, combining education, community involvement, and supportive services, is essential for effectively combating substance abuse among youths in the region.

## CHAPTER FIVE:

### DISCUSSION, CONCLUSION, AND RECOMMENDATIONS

#### 5.0 Introduction

Chapter Five presents a comprehensive discussion of the research findings in relation to existing literature and theories, concludes the study by summarizing the key outcomes, and provides actionable recommendations based on the results. The chapter is structured to align with the research objectives and questions posed at the outset of the study, with each section offering a critical analysis of the results, implications for policy and practice, and suggestions for future research.

#### 5.1 Discussion

##### 5.1.1 Community Engagement and Its Impact on Substance Abuse Rates

One of the critical findings from the study is the significant role that community engagement plays in reducing substance abuse rates among youths in Mbale Industrial City Division. The Pearson correlation analysis indicated a moderately strong negative relationship between community involvement and substance abuse rates, suggesting that increased community participation is associated with lower substance abuse among youths.

This finding is consistent with previous research that highlights the importance of community-driven interventions in substance abuse prevention. Studies by Hawkins et al. (2015) and Peterson et al. (2018) support the idea that communities with higher levels of engagement are better equipped to provide the social support, resources, and surveillance needed to discourage youth from engaging in substance abuse. The involvement of various community stakeholders—such as families, religious institutions, and schools—creates a network of accountability and support that deters risky behavior.

However, the study also revealed some challenges in mobilizing community members to actively participate in substance abuse prevention initiatives. This could be due to factors such as lack of awareness, limited resources, or cultural barriers. For instance, in some communities, there may be stigma associated with discussing substance abuse, leading to lower levels of engagement in prevention programs. Addressing these challenges requires targeted awareness campaigns and the development of culturally sensitive interventions that resonate with the community's values and beliefs.

### **5.1.2 Effectiveness of Various Substance Abuse Interventions**

The descriptive analysis of the effectiveness of different substance abuse interventions revealed that school-based prevention programs were perceived as the most effective, followed by parental involvement and community awareness programs. These findings align with existing literature that underscores the critical role of educational institutions in substance abuse prevention.

School-based programs, as noted by Tobler et al. (2017), are effective because they reach youths in a structured environment where they can be taught about the dangers of substance abuse, peer pressure, and coping strategies. Additionally, schools can serve as a platform for identifying at-risk youths and providing early interventions. The positive perception of these programs in the study suggests that they are well-implemented and resonate with the target audience.

Parental involvement was also highlighted as a crucial factor in preventing substance abuse. Parents who actively engage in their children's lives, set clear expectations, and communicate openly about the risks of substance abuse are more likely to deter their children from engaging in such behaviors. This finding supports the work of Baumrind (2016), who emphasizes the role of authoritative parenting in fostering resilience and reducing the likelihood of substance abuse.

Despite the perceived effectiveness of these interventions, the study also pointed out areas where improvements are needed. For example, counseling and rehabilitation services received mixed reviews, with some respondents indicating that these services are underutilized or not sufficiently accessible. This suggests a need for better outreach and integration of counseling services within the community, as well as the removal of barriers that prevent youths from accessing these services.

### **5.1.3 Demographic Factors and Perceived Effectiveness of Interventions**

The ANOVA analysis revealed significant differences in the perceived effectiveness of interventions based on age, with younger respondents viewing school-based programs as more effective than older respondents. This age-related difference could be attributed to the direct impact these programs have on school-going youths, who are the primary beneficiaries of such interventions.

Older respondents, who may be parents or community leaders, might prioritize other forms of intervention, such as community policing or rehabilitation services. This finding highlights the importance of tailoring interventions to the specific needs and

preferences of different demographic groups. For instance, while school-based programs may be effective for younger populations, older community members might benefit more from interventions that focus on family dynamics, community engagement, or economic empowerment.

The lack of significant differences in perceived effectiveness across gender and educational levels suggests that these interventions are generally well-received across these demographic categories. However, it also raises questions about whether current programs are sufficiently nuanced to address the unique needs of different gender and educational groups. Future interventions might consider incorporating gender-sensitive approaches or strategies that address the educational disparities that can influence substance abuse behaviors.

#### **5.1.4 The Role of Cultural and Socioeconomic Factors**

Cultural and socioeconomic factors also play a crucial role in shaping the effectiveness of substance abuse interventions. The study's findings suggest that interventions must be culturally sensitive and consider the socioeconomic realities of the target population to be effective. For example, in communities where traditional beliefs and practices are strong, integrating cultural elements into prevention programs can enhance their acceptance and effectiveness.

Socioeconomic factors such as poverty, unemployment, and lack of access to education are significant risk factors for substance abuse. Interventions that address these underlying issues, such as economic empowerment programs or educational scholarships, are likely to be more effective in the long term. This aligns with the findings of studies by Catalano et al. (2015) and Murphey et al. (2018), who argue that comprehensive interventions that address both the behavioral and structural determinants of substance abuse are essential for sustainable prevention efforts.

#### **5.1.5 Policy Implications**

The findings of this study have important policy implications for substance abuse prevention in Mbale Industrial City Division and similar contexts. The strong association between community engagement and lower substance abuse rates suggests that policymakers should prioritize community-driven approaches in their prevention strategies. This could involve increasing funding for community-based organizations, providing training for community leaders, and developing policies that encourage greater involvement of local stakeholders in substance abuse prevention efforts.

Additionally, the study highlights the need for age-specific interventions that cater to the unique needs of different demographic groups. Policymakers should consider implementing a range of interventions that target various age groups, from school-based programs for youths to community support initiatives for adults. This multi-faceted approach is more likely to yield positive outcomes and reduce substance abuse rates across the population.

## **5.2 Conclusion**

The study set out to explore the effectiveness of various interventions aimed at reducing substance abuse among youths, with a particular focus on the role of community engagement, demographic factors, and the cultural and socioeconomic context. The research findings provide valuable insights that contribute to our understanding of substance abuse prevention in the specific context of Mbale Industrial City Division, as well as in similar urban settings.

### **5.2.1 Effectiveness of Community-Driven Interventions**

The study's findings underscore the critical role of community engagement in reducing substance abuse rates among youths. The Pearson correlation analysis demonstrated a significant negative relationship between community involvement and substance abuse rates, indicating that higher levels of community engagement are associated with lower incidences of substance abuse. This aligns with existing literature that emphasizes the importance of a collective approach to substance abuse prevention, where community members actively participate in the design, implementation, and evaluation of interventions.

Community-driven interventions, such as awareness campaigns, peer education programs, and support groups, were found to be particularly effective in creating a supportive environment that discourages substance abuse. These interventions leverage the social capital within communities, fostering a sense of responsibility and collective ownership of the issue. The findings suggest that when community members are actively involved in prevention efforts, they are more likely to support and sustain these initiatives over time.

However, the study also identified challenges related to community engagement, such as varying levels of awareness, resource constraints, and cultural barriers. These challenges highlight the need for targeted strategies that address the specific needs and characteristics of different communities. For instance, interventions

should be culturally sensitive and designed to resonate with the values and beliefs of the target population.

### **5.2.2 Impact of Demographic Factors on Intervention Effectiveness**

The analysis revealed significant variations in the perceived effectiveness of interventions based on demographic factors such as age, gender, and educational level. School-based programs were perceived as more effective by younger respondents, likely due to their direct relevance to school-going youths. On the other hand, older respondents and those with higher educational levels were more likely to favor interventions that involve family engagement and community support.

These findings suggest that demographic factors play a crucial role in shaping individuals' perceptions of intervention effectiveness. This underscores the importance of tailoring interventions to the specific needs and preferences of different demographic groups. Age-specific interventions, for example, can be designed to address the unique challenges faced by younger and older populations, while gender-sensitive approaches can ensure that both males and females are equally supported in their efforts to avoid substance abuse.

The lack of significant differences in perceived effectiveness across gender suggests that existing interventions may be broadly applicable across male and female populations. However, it also raises questions about whether current programs are sufficiently nuanced to address the unique needs of each gender. For example, future interventions could explore the role of gender norms and expectations in influencing substance abuse behaviors and develop strategies that specifically target these factors.

### **5.2.3 Cultural and Socioeconomic Influences on Substance Abuse**

The study highlighted the profound impact of cultural and socioeconomic factors on substance abuse and the effectiveness of prevention interventions. Cultural beliefs and practices, such as those related to substance use and family dynamics, can either facilitate or hinder prevention efforts. For instance, in communities where substance use is stigmatized, individuals may be more reluctant to seek help or participate in prevention programs, leading to lower levels of engagement.

Socioeconomic factors, such as poverty, unemployment, and lack of access to education, were identified as significant risk factors for substance abuse. These findings align with the literature that links socioeconomic disadvantage to higher

rates of substance abuse, as individuals facing economic hardship may turn to substances as a coping mechanism. This highlights the need for interventions that not only address the behavioral aspects of substance abuse but also tackle the underlying structural determinants, such as poverty and lack of opportunities.

The study's findings suggest that comprehensive, multi-faceted interventions that consider both the cultural and socioeconomic context are more likely to be effective in reducing substance abuse. This includes integrating economic empowerment initiatives, such as job training and educational scholarships, with traditional substance abuse prevention programs. Additionally, culturally sensitive approaches that respect and incorporate local beliefs and practices can enhance the acceptability and effectiveness of interventions.

#### **5.2.4 Policy and Practical Implications**

The research findings have significant implications for policymakers, practitioners, and stakeholders involved in substance abuse prevention. The strong correlation between community engagement and reduced substance abuse rates suggests that policymakers should prioritize community-driven approaches in their prevention strategies. This could involve increasing funding for community-based organizations, providing training for community leaders, and developing policies that encourage greater involvement of local stakeholders.

Furthermore, the study highlights the need for targeted interventions that cater to the specific needs of different demographic groups. Policymakers should consider implementing a range of interventions that address the unique challenges faced by various populations, such as youths, women, and economically disadvantaged individuals. This multi-faceted approach is more likely to yield positive outcomes and reduce substance abuse rates across the population.

Overall, the study concludes that a comprehensive approach to substance abuse prevention, which involves the active participation of the community and considers the cultural and socioeconomic context, is essential for effectively combating substance abuse among youths in Mbale Industrial City Division.

#### **5.3 Recommendations**

Building on the conclusions drawn from the study, this section presents a series of recommendations aimed at enhancing the effectiveness of substance abuse

interventions, improving community engagement, and addressing the underlying factors contributing to substance abuse.

### **5.3.1 Strengthening Community Engagement**

Given the strong relationship between community engagement and substance abuse prevention, it is crucial to strengthen community participation in prevention initiatives. The following recommendations are proposed:

**Enhancing Community Awareness:** Conduct regular awareness campaigns that educate the public about the risks of substance abuse and the importance of community involvement in prevention efforts. These campaigns should be tailored to the specific cultural and socioeconomic context of each community.

**Training Community Leaders:** Provide training and resources to community leaders, religious leaders, and school administrators to enable them to effectively mobilize and engage their communities. Training programs should focus on building leadership skills, understanding substance abuse dynamics, and developing strategies for effective community engagement.

**Establishing Community Support Groups:** Create support groups for parents, families, and youths that provide a platform for sharing experiences, accessing resources, and offering mutual support. These groups can serve as a crucial element of the community's social support network, helping to reinforce positive behaviors and discourage substance abuse.

**Facilitating Peer Education Programs:** Implement peer education programs that leverage the influence of youths within their social circles to promote substance abuse prevention. These programs can be particularly effective in schools and community centers, where peers can provide credible and relatable guidance.

### **5.3.2 Expanding and Enhancing School-Based Programs**

The effectiveness of school-based prevention programs highlights the need to expand and enhance these initiatives. The following recommendations are suggested:

**Incorporating Substance Abuse Education into the Curriculum:** Integrate substance abuse education into the school curriculum from an early age, with a focus on building resilience, coping skills, and decision-making abilities. This education

should be age-appropriate and designed to engage students at different developmental stages.

**Providing Training for Teachers:** Offer professional development opportunities for teachers to equip them with the skills and knowledge needed to identify at-risk students and provide early interventions. Teachers should be trained in substance abuse awareness, counseling techniques, and how to create a supportive classroom environment.

**Involving Parents in School Programs:** Encourage parental involvement in school-based prevention initiatives by organizing parent-teacher meetings, workshops, and seminars focused on substance abuse prevention. Engaging parents in their children's education can help reinforce the messages delivered in school and create a consistent support system.

**Implementing After-School Programs:** Develop after-school programs that provide a safe and structured environment for youths, reducing their exposure to substance abuse risks. These programs could include sports, arts, academic support, and life skills training, offering positive alternatives to substance use.

### **5.3.3 Improving Access to Counseling and Rehabilitation Services**

To address the mixed perceptions of counseling and rehabilitation services, it is recommended that efforts be made to improve access to these services:

**Increasing Outreach and Awareness:** Conduct outreach programs that raise awareness about the availability of counseling and rehabilitation services, encouraging youths and their families to seek help. These programs should target schools, community centers, and other places where youths gather.

**Reducing Barriers to Access:** Address barriers that prevent youths from accessing counseling services, such as cost, stigma, and lack of awareness. This could involve providing services at no cost or on a sliding scale, offering confidential and non-judgmental support, and ensuring that services are widely publicized and easily accessible.

**Integrating Services into the Community:** Bring counseling and rehabilitation services closer to the community by establishing satellite centers in schools, religious institutions, and community centers. This approach can help demystify the process of seeking help and make services more accessible to those in need.

**Providing Culturally Sensitive Counseling:** Ensure that counseling services are culturally sensitive and responsive to the needs of different communities. Counselors should be trained to understand and respect cultural beliefs and practices, and to incorporate these into their therapeutic approaches.

#### **5.4 Areas for further research**

**Longitudinal Impact Studies:** Conduct longitudinal studies to assess the long-term effectiveness of community-driven strategies and interventions in reducing substance abuse among youths. This could involve tracking participants over several years to measure sustained behavioural changes and outcomes.

**Comparative Analysis:** Compare the effectiveness of community-driven strategies across different socio-economic contexts within Mbale Industrial City Division. This could include urban versus rural areas, different slum communities, or varying levels of community engagement.

**Qualitative Exploration of Stakeholder Perspectives:** Conduct qualitative research to explore in-depth perspectives of stakeholders involved in combating substance abuse (e.g., families, educators, local authorities). This can provide insights into challenges, successes, and areas needing improvement in community interventions.

**Economic Analysis:** Evaluate the economic impact of substance abuse on the community and explore cost-effective prevention and intervention strategies. This research could analyze healthcare costs, lost productivity, and social welfare expenditures related to substance abuse.

**Role of Technology and Innovation:** Investigate how technology and innovative approaches (e.g., mobile apps for education, online support groups) can enhance community efforts in combating substance abuse among youths. This could include assessing the accessibility and effectiveness of digital interventions.

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## APPENDIXES

### QUESTIONNAIRE 1

Assessing community engagement and support systems for combating substance abuse among youths in Mbale industrial city division

#### Section A: Demographic Information

##### Age

12-17 years

18-25 years

26-35 years

36-45 years

46 years and above

##### Gender

Male

Female

Prefer not to say

##### Educational level

No formal education

Primary

Secondary

Tertiary

University

Occupation

Student

Employed

Self-employed

Unemployed

**Religious affiliation**

Christianity

Islam

Traditional beliefs

Other (please specify) \_\_\_\_\_

**Marital status**

Single

Married

Divorced/separated

Widowed

**Section B: Awareness and Perception of substance abuse among youths in your community**

(For this part, please put a tick according to the level of agreement where)

How aware are you of the issue of substance abuse among youths in your community?

- Very aware
- Somewhat aware
- Not very aware
- Not aware at all

In your opinion, how prevalent is substance abuse among youths in mbale industrial city division?

- Very prevalent
- Somewhat prevalent
- Not very prevalent
- Not prevalent at all

Which substances do you believe are most commonly abused by youths in your community?

- Alcohol
- Tobacco
- Marijuana
- Khat (Miraa)
- Prescription drugs
- Others (please specify) \_\_\_\_\_

What do you think are the main reasons for substance abuse among youths in your community?

- Peer pressure
- unemployment
- poverty
- family issues
- lack of awareness
- Availability of substances
- Other (please specify)

### Section C: Community Engagement and Support Systems

Are you aware of any community driven initiatives or programs aimed at combating substance abuse among youths in your area?

- Yes
- No
- Not sure

If yes, please specify the types of initiatives you are aware of:

- Awareness campaigns
- Peer education programs
- Counseling and rehabilitation services
- Support groups
- School-based programs
- Other (please specify) \_\_\_\_\_

How effective do you think these initiatives are reducing substance abuse among youths?

- Very effective
- Somewhat effective
- Not very effective
- Not effective at all

How involved are you in community activities or programs aimed at preventing substance abuse?

- Very involved
- Somewhat involved
- Not very involved
- Not involved at all

What barriers do you think exist in the community that prevent effective substance abuse interventions? (check all that apply)

- Lack of funding
- Cultural beliefs
- Stigma associated with substance abuse
- Inadequate infrastructure
- Lack of trained personnel
- Other (please specify) \_\_\_\_\_

**Section D: Effectiveness of interventions**

Have you or someone you know participated in any substance abuse prevention programs in the community?

Yes

No

Not sure

If yes, how would you rate the effectiveness of these programs

Very effective

Somewhat effective

Not very effective

Not effective at all

In your opinion, what could be done to improve the effectiveness of substance abuse interventions in your community?

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Do you think there is a need for more government involvement in substance abuse prevention in Mbale industrial city division?

Yes

no

Not sure

Please provide any additional comments or suggestions on how substance abuse among youths can be reduced in your community.

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### Section E: Attitudes Toward Rehabilitation and Counseling

Do you believe that counseling and rehabilitation services are accessible to youths in your community?

Yes

No

Not sure

What do you think about the effectiveness of counseling and rehabilitation services available in your community?

Very effective

Somewhat effective

Not very effective

Not effective at all

Would you recommend counseling and rehabilitation services to a youth struggling with substance abuse?

Yes

No

Not sure

## Section F: Demographic-specific intervention

What demographic group do you think requires the most attention in substance abuse prevention efforts?

- Young adolescents (12-17 years)
- Older youths (18-25 years)
- Male youths
- Female
- All groups equally

Do you believe that substance abuse prevention programs should be tailored to specific demographic groups?

If yes, please specify the types of initiatives you are aware of:

- Yes
- No
- Not sure

Thank you for taking the time to complete this questionnaire. Your responses are valuable in helping to combat substance abuse among youths in our community.

## INTERVIEW GUIDE

How prevalent do you believe substance abuse is among youths in Mbale Industrial City Division?

What are the primary factors, in your opinion, contributing to substance abuse among youths here?

What strategies has the community implemented to prevent substance abuse among youths?

How do local schools, religious institutions, and families contribute to combating substance abuse among youths?

In your view, how effective have the community-driven interventions been in reducing substance abuse among youths?

Ask for examples of successful interventions and those that have been less effective. What challenges do these interventions face in terms of implementation and community engagement?



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We are honored to introduce to you Mr. Mrs./Miss Nafula Tracy Lwendo  
Of Registration Number N122/MUC/BSCO/2017 pursuing a Masters' Degree/Postgraduate Diploma / Bachelor's Degree  
Social work and social Administration

He/ she is required to carry out academic research on the topic  
The role of the Community in Combating Substance Abuse among the youth of Kamotara - Mbale Industrial Division  
and thereafter produce a well bound hard cover research report (MAROON) in color for undergraduate and three (BLACK)copies for Postgraduate students as a university requirement for the award of a degree/diploma in the academic discipline that he / she is pursuing.

We shall be grateful for the help you may offer to him or her accordingly.  
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