

**THE DETERMINANTS OF DRUG ABUSE AMONG THE ADOLESCENT YOUTH OF
MUKONO DISTRICT**

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**UGANDA CHRISTIAN
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DECLARATION

I MUJWISA DESIRE, do declare that this dissertation is my original work and it has never been presented to any university for the same award.

Signature.....Date

MUJWISA DESIRE

APPROVAL

I Omona Andrew David (Rev. Prof) certify that I have supervised and read this study and that in my opinion, it confirms to acceptable standards of scholarly presentation and fully adequate in scope and quality as a research report in partial fulfillment for the award of Bachelors Degree of Social Work and Social Administration of Uganda Christian University Mukono.

Signature.....Date.....

Rev. Prof. Omona Andrew David

Supervisor

DEDICATION

This dissertation is dedicated to my family members.

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Firstly, I give honor and glory to the almighty Lord who gave me good health, wisdom, knowledge and hope in this study.

Secondly, I am grateful to my parents for the care and support but above all the commitment to have us educated and to have led the foundation to my education. I am equally grateful to my brothers and sisters for the courage through the tremendous challenges that we went through but keeping together as family has enabled us to complete our education. I am really grateful to God who keeps the love between us.

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LIST OF ABBREVIATIONS

CVI	Content Validity Index
HIV/AIDS	Human Immunodeficiency Virus/ Acquired Immunodeficiency Syndrome
NIAAA	National Institute on Drug Abuse and Alcoholism
SPSS	Statistical Package for Social Sciences
SUD	Substance Use Disorder
UCU	Uganda Christian University
USA	United States of America

ABSTRACT

This study investigated the determinants of drug abuse among adolescents in secondary schools in Mukono municipality. Specific objectives were (i) To investigate the prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality, (ii) to establish the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality and (iii) to assess the strategies in place to address drug abuse among adolescents in secondary schools in Mukono Municipality. A cross sectional research design was adopted with a mixed method data collection approach. Quantitative data was collected from 90 students and qualitative data from ten (10) key study participants using the questionnaire and interviews. Data was analyzed using the SPSS-Parson Correlations Product Moment and thematic analysis for quantitative and qualitative data respectively. Findings indicated that the drug abuse prevalence was at 94.4% among the adolescents in school; family background, environmental, peer pressure determined drug abuse among adolescents and different strategies were provided to address the problem of drug abuse. It was concluded that the prevalence was high at 94.4%; peer pressure, family background and the environment influenced drug abuse; counseling, rehabilitation and treatment can be used to deal with drug abuse. The study recommends daily counseling as a way to reduce this phenomenon and improve students' behavior in education institutions, as well as advising students to take drugs/alcohol lightly while in school and at school and the government through the Ministry of Education and Sports should impose strict laws about alcohol selling in Uganda among mostly to the adolescents in school

CHAPTER ONE

INTRODUCTION

1.0 Introduction

The study investigated the determinants of drug abuse among adolescents in Mukono District. This chapter presents the background to the study, statement of the problem, objectives of the study, research questions, scope of the study, significance of the study, conceptual framework and definition of operation terms.

1.1 Background to the Study

The issue of drug abuse is a major headache to societies and authorities from the world all over. Over the past two decades, the use of illegal drugs and misuse of therapeutic drugs have spread at an unprecedented rate and have penetrated every part of the globe. No nation has been spared from the devastating problem caused by drug abuse. At the same time, broad spectrum of the world community has demonstrated intense concern over the problem (Martin et al, 2015). Alcohol consumption is the world's third largest risk factor for disease and disability. Almost 4% of all deaths worldwide are attributed to alcohol, greater than deaths caused by HIV/AIDS, violence or tuberculosis (Kariuki, Oteyo & Kamandari, 2013). Alcohol and drug abuse has permeated all sectors of society and does not discriminate in respect of age, sex, creed or socio-economic status (Kibaara, 2012).

In Nigeria, studies have shown that there is considerable prevalence of drugs and drugs use; with varying prevalence rates found for both overall and specific drug abuse (Mehanović, et al, 2020). Relatedly, Jatau et al (2021) notes that in Nigeria acts of indiscipline among students is blamed on use and abuse of drugs. The acts of indiscipline that occurred among students of Kilys School in Lagos were blamed on drugs. In Zimbabwe, a presidential Commission of inquiry into education and training was set up in 1998. The findings of the commission showed that lack of morals and deteriorating learning standards and strikes in Zimbabwe schools were caused by drug abuse by students (Daily Nation, July, 2003).

The use of alcohol and other drugs during adolescence and early adulthood has become a serious public health problem in Uganda. The global burden of disease projected that tobacco, alcohol and illicit drugs were respectively the 2nd, 9th and 20th leading cause of mortality globally. This report further projected that tobacco smoking alone would lead to 1 billion deaths globally during the 21st century. The World Health Organization's global status report on Alcohol, 2004 stated that Uganda had one of the highest alcohol and drugs abuse rates in the World. With over half of Uganda's population aged below 24 years, school going adolescents and young people are part of these statistics. A study done on drug and drugs abuse in schools of Kampala and Wakiso found that between 60 to 71% of students used illicit drugs with alcohol and cannabis taking the biggest percentages (Regina, 2010).

1.2 Statement of the Problem

Drug Abuse is turning into a nightmare, that the authorities cannot contain with alcohol, tobacco, miraa and cannabis being the most prevalent, other more addictive drugs such as cocaine and heroin are being introduced and taking root into this trend. The government of Uganda has put a lot of effort through heightened campaigns against the vice but, there exists a parallel accelerated rate of students who are drug users (Regina, 2010).

At least 16 percent of the youth in urban centers are under the determinant of drugs. A study by Catherine (2017) conducted a study on drug abuse among adolescents in the age bracket of (12 to 24) in Kampala and Gulu District respectively, the study revealed that 70% of the students use drugs and 39.1% regularly abuse drugs. Furthermore in March 2013, Uganda was ranked 8th in the world and the first on the African continent in taking alcohol, with Waragi taking the top position. Illicit drugs and alcohol have infiltrated communities in the suburbs, schools, universities and other higher institutions (Daily Monitor Report, 2019).

If drug abuse predicament not well talked, the human resource of the country in terms of human capital for the future generation was depleted and the country was experience more costs in terms of employing expatriates, it was against this background that the study sought to investigate the determinants of drug abuse among adolescents in Mukono Municipality

1.3 General Objective

To investigate the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality

1.3.1 Specific Objectives

- a) To investigate the prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality
- b) To establish the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality
- c) To assess the strategies in place to address drug abuse among adolescents in secondary schools in Mukono Municipality

1.4 Research Questions

- a) What is the prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality?
- b) What are the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality?
- c) What are the strategies in place to address drug abuse among adolescents in secondary schools in Mukono Municipality?

1.5 Scope of the Study

1.5.1 Content Scope

The study was limited to the determinants of drug abuse among adolescents in secondary schools, the independent variable are the determinants; prevalence and strategies to address drug abuse among adolescents. The dependent variable is drug abuse among adolescents in secondary schools in Mukono Municipality. Therefore, such variables also informed the objectives of this study.

1.5.2 Geographical Scope

The study was carried out at Nile High School which is located in Mukono municipality at Dandiira.

1.5.3 Time Scope

The study reviewed literature from 2012 to 2022. The time is chosen because there has been an increment in the usage of illicit drugs among adolescents in the time period.

1.6 Significance of the Study

The study might be useful to policy makers like the Ministry of Health and Ministry of Education in coming up with strategic policies that may adopted to eliminate the lacuna that has savaged the Ugandan youths across the country.

The study findings may be useful to management of different schools in coming with strategies that may avert the predicament of drugs abuse among adolescents in schools. THIS may save several adolescents who abuse drugs and later face health challenges and complication.

The study may be useful to other scholars and academicians as it acted as a benchmark for inference when conducting future studies in the same content scope.

1.7 Definition of Operation Terms

Adolescents; Refers to those people between 10 and 19 years of age.

Drug abuse; Refers to the excessive, maladaptive, or addictive use of drugs for non-medical purposes despite social, psychological, and physical problems that may arise from such use

Peer pressure; Refers to a feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapters presents literature review from different authors based on the study objectives. However, it contains the theoretical review, determinant of drug abuse; prevalence, strategies that can be adopted to deal with drug abuse among adolescents and the summary for the literature

2.1 Theoretical Review

This study was pinned by the Social learning theory by Bandura, (1977) which suggests that social behavior is learned by observing and imitating the behavior of others. While behavioral psychology focuses on how the environment and reinforcement affect behavior, Bandura put forth that individuals can learn behavior through observation. In relation to this study, this theory puts it that aspects of observing, modeling, and imitating the behaviors, attitudes, and emotional reactions of others exist for one to learn a certain behavior. Further this theory considers how both environmental and cognitive factors interact to determinant human learning and behavior. Therefore, this theory was used to explain the determinants of drug abuse, prevalence and strategies to variables of this study to be able to make a linked between the theory and findings.

2.2 Prevalence of Drug Abuse among Adolescents in Secondary Schools

Drug abuse use is reported among adolescent-students with discrepancy between countries (Chu, 2016). The use of drug abuse is considered toxic and psychoactive drugs with dependence producing propensities (WHO, 2019).

Globally, adolescent-students in secondary school and other institutions of learning have been reported to consume higher levels of drug abuse than non- adolescent-students (Kamulegeya et al, 2020). Drug abuse use among young adolescent-students is a common problem in many countries. Generally, youths disproportionately use drugs and get harmed from it compared to the general population (Napper, et al 2014). Drugs abuse such as drug abuse consumption, Cannabis use, and drug addiction are common in adolescent-students (Sebena et al, 2011).

Different organizations have come up to fight against drug abuse consumption among adolescent-students and children and National Institute on Drug Abuse and Alcoholism (NIAAA) is one of these entities that serve with a heart of saving the lives of drug abuse and drug-abuse victims (Keyes, 2022). Therefore, it is good to note that drug abuse expectancy and consumption among adolescent-students and more so the youth is on rampage in different countries (Schick, Todi & Spillane, 2022).

Adolescent-students are exposed to drugs abuse including drug abuse and these have negative effects to their health both mentally and physically (Wicki, Kuntsche & Gmel, 2010). It is indicated that 20% of university adolescent-students in USA consume drug abuse mixed energy drinks regularly while marijuana, ecstasy, and cocaine abuse is also common in those who consume drug abuse mixed energy drinks (Snipes & Benotsch 2013). Besides the challenge for academic progress, drugs abuse poses great problems for the health of the adolescent-students and the community at large.

There is growing concern and recognition that adolescent-students' alcohol consumption is impacting on many aspects of university life, such as health, attrition rates and academic achievement. Social normative approaches have been increasingly applied to interventions to attempt to change undergraduate drinking behavior (Bev & Alwyn, 2010). However, adolescent-students/ learners have different perception on alcohol consumption that require into investigation to have a better understanding of this problem.

In Uganda, drug abuse consumption among youth is high and this is based on several factors (Ssebunnya et al, 2019). Therefore with increasing drug abuse consumption among adolescent-students and youths in Uganda there is need to regulate drug abuse marketing and ensuring availability of drug abuse dependence treatment services that build confidence among youth (Kabwama, Matovu, Ssenkusu et al, 2021). In Uganda therefore strategies need to be made to save the young populations in universities and communities from consumption of drug abuse because it affects their present and future life (Mayanja et al, 2020). According to Shoemaker (2010), a mix of environmental, biological, and psychological variables contribute to drug dependence.

As study from Kenya by Ndetei, et al, (2009) indicated that the majority of the adolescent students; 96.6%, or 1252/1296 males (62.5%) than females completed all the questionnaire items. They were 17 years old on average and use of tobacco and alcohol was widespread and started before the age of 11 years. The study further showed that the prevalence was linked to fathers' education and drug usage. Education levels of mothers exhibited a substantial but adverse connection. Compared to earlier studies, the prevalence of substance usage increased.

In Nigeria secondary school, Bassi et al (2017) found that Out of 400 responses, men made up 75% of substance users and women made up 25%. 10.80% of people were unaware that 89.0% of them used drugs. It was also highlighted in the same study that alcohol was the most commonly used substance (52.58%), followed by painkillers (33.7%), marijuana (2.59%), cigarettes (1.72%), glue/solution (0.86%), and other local substances (8.62%).

In a study by Ray, Stapleton, Turrisi & Phillion, (2012) adolescent-students had three alcohol taking patterns and those who used protective behaviors frequently and seldom engaged in risk behaviors (10%), 2) adolescent-students who used risk behaviors more frequently and used protective behaviors less often (30%), and 3) adolescent-students who used both risk and protective behaviors at similar frequencies (60%). Drinking-related protective (e.g., pacing consumption) and risk (e.g., participating in drinking games) behaviors determinant both the amount of alcohol consumed and the consequences experienced by college adolescent-students (Ray, Stapleton, Turrisi & Phillion, 2012).

In a study by Ukwayi et al, (2013) from Nigeria among adolescent-students of the faculty of Social Sciences of University of Calabar, Nigeria among adolescent-students aged 15 to 35 years and above. The result revealed that majority of the participants were within the age group of 15 – 35 years, which indeed is the age of risky behavior characterized by substances use and abuse. The perceived alcohol taking as an aspect for fun, stay wake (not to sleep during lectures and to read at night) and for courage (to be able to approach lecturers and make a public address) and these were perceived as the primary reasons for the consumption of alcoholic beverages.

In a study by Aertgeerts and Buntinx (2002) to assess the academic performance of college freshmen in relationship to alcohol abuse or dependence, results showed that alcohol abuse or dependence was identified in 501 (14%) adolescent-students; of these, 128 (3.6%) were alcohol-

dependent. Of the adolescent-students who met criteria of alcohol dependence, 62.5% failed in their first year, compared to 50% among adolescent-students who did not report these drinking problems.

2.3 Determinants of Drug Abuse among Adolescents in Secondary Schools

Numerous research have examined the determinant of peer groups on educational settings and made contributions to our understanding of the composition and scope of such networks as well as their connections to drug use (Can & Kucukoglu, 2022). In secondary schools peer determinant exists and this has been part of the determinant to drug abuse among the adolescent-students community (Swaim & Stanley, 2022).

At schools, over time, friends act as a determinant for other students' substance use and become increasingly similar to each as friends who abuse drugs. According to recent studies, one's opinions of their friends' teen drug usage can foretell their own use as an adult (Beardslee et al, 2018).

In Kenya, Muthoka and Mwenje (2020) found that drug misuse/abuse was encouraged among secondary school students in the Nzau District of Makueni County by peer pressure, drug availability, and a student's family. One of the main causes of drug usage among students is the availability of drugs.

One of the causes or contributing factors to adolescent-students drinking alcohol is peer pressure. The terms "passive" and "active" have been used to describe the two categories of social determinants that have been identified (Johnson et al, 2021). When a drug has been given for use, such as being bought a drink, active social determinants are evident, passive social determinants, on the other hand, pertain to a person's perception and interpretation of other people's drinking patterns (Pichel et al, 2022). As a result, given the aforementioned conditions, a student may succumb to the temptation to drink as their parents do (Zaman et al, 2015).

There is a considerable difference in the use of illicit drugs between male and female secondary school pupils, and peer determinant has been demonstrated to be a very powerful predictor of illicit drug use among them (Beardslee et al, 2018).

Illegal behaviour and repercussions originating from outside the social group are more strongly associated with illicit drugs. Peer pressure's potential to induce extreme behavior can be disrupted by the sense of consequences, which may lessen the likelihood that people will succumb to pressure to experiment with more severe drugs. (Mekuria, Girma & Birhanu, 2019).

In Uganda, study by Mwesiga (2020) revealed that among secondary school pupils in the Kiruhura district, peer pressure and drug usage are not significantly correlated, there is no correlation between peer pressure and self-esteem among secondary school adolescent-students in the Kiruhura district. In the same study, it was indicated that poor self-esteem prevents a person from using drugs readily, and drug abusers may not become low-esteem individuals. Additionally, the less peer pressure someone's feels from his friends, the less likely they are to use drugs.

In a school setting, the two factors that most accurately predict adolescent substance use are having drug-using peers and being more sensitive to peer pressure. Researcher interest in the connection between socioeconomic position and health-related behaviors has also been seen (Jorge et al, 2018).

Due to the potentially vast range of settings involving friendships and social networks, peer determinant is a complex subject (Lamara, Kyomuhendo & Natukunda, 2021). Social determinant and social selection are the two ideas put forth in the literature to explain how peers can determinant teenage substance use. According to the social determinant theory, peer pressure, role modeling, and behavioral reinforcement are some of the ways that deviant peers affect risky behaviors like drug use and other risky behaviors during adolescence (Simatwa et al, 2014).

A child's family history is significant because it creates a conducive atmosphere for learning (Nyatuoro, 2012).The determinant of unstable family members, parental drug use, severe discipline, and failure to interact on an emotional level are all considered to be familial variables that might cause or exacerbate drug use (Maithya, 2009).

In a study by Abar (2012) found that adolescent-students whose parents where pro-alcohol/ consumed alcohol while at home where most likely to also end up taking drugs and alcohol as

well as way of / result of emulating what their parents are doing. Comparatively to adolescents whose parents do not use drugs, those with drugs-abusing parents are more likely to experience parental and/or family issues. Poor parent-child attachment may result from this, which may then cause disengagement from normative activities and, occasionally, adolescent drug use (Maithya, 2009).

Findings from the study by Daniel et al (2020) revealed that the behavioral control of the parents and the nature of the parent-adolescent connection were both poor predictors of the early levels of drug abuse. In the same study, it was reported that a slower rate of growth in adolescent drug abuse was predicted by higher levels of maternal behavioral control and the quality of the mother-youth connection. The growth rate of adolescent drug abuse was not significantly predicted by parental psychological control. Further, it was noted that mother-adolescent relationships were strong longitudinal predictors of teenage drug abuse, but fathers' behavioral control and mother-adolescent relationships were stable contemporaneous

According to Henry et al (2018), early adolescent drug abuse was associated with maternal psychological control but not paternal psychological control. On the other hand, some academics suggested that fathers might be more effective than mothers at fostering young people's socialization and preventing adolescent drugs abuse (Weymouth, Fosco, and Feinberg 2019). Researchers have also shown that different parenting styles may have different maternal vs paternal factor. For instance, Luk et al (2017) found that parental knowledge (a component of parental behavioral control) was a protective factor against drug abuse among teenagers in particular grades, whereas maternal psychological control was a risk factor for the development of drug abuse. More research is required to compare maternal and paternal factor because the picture is not clear.

Families can have a significant determinant of drug abuse based on how children develop their views, values, and behaviors (Ciptro et al, 2021) Parents and other family members guide young people's behavior throughout socialization in order to achieve their goals (Miech, et al, 2021).

In a study by Chapiyai, Kimani and Rop (2021) it was determined that parental factor has a statistically significant determinant of drug abuse among secondary school adolescent-students in Kinango sub-County, in the same study it was noted that guidance and counseling should be

strengthened in schools and that parents should abstain from drugs because they serve as role models for their children.

Problems related to young people abusing drugs and other drugs have existed throughout human history (Mehanović et al, 2020). Today's greater accessibility to a wide range of drugs and the lowering age at which these drugs are experimented with are what are new (Nations & Crime, 2010). Both wealthy and low-income children are affected by drug misuse (Kamenderi et al, 2019).

Drug abuse and other drug misuse are both related to poor parenting. In a study of 542 middle school adolescent-students from the Birmingham Youth Violence Study in Alabama, the United States, it was discovered that poor parenting practices (such as less nurturing and harsh and inconsistent discipline) were strongly related to school-level alcohol and cigarette use (Mrug, Gains, Su & Windle 2010). They came to the same conclusion as earlier studies, which was that poor parenting could increase susceptibility to school-level drugs use through greater deviant affiliations or impair mental health (Betzler et al, 2021).

In Kenya-based secondary school, a prevalence rate of 20.3% is very high and should raise some red flags. The results did not, however, explicitly apply to secondary school pupils, whose ages vary from 14 to 24. Another study found that adolescent-students in Kenya are developing a subculture of drug and drugs usage, both legal and illegal (Chapiai, Kimani & Rop, 2021).

It is also noted that environmental factors that determine abuse of drugs include; parental factor, cultural norms, media portrayal, and bodily associations that have been learned and family connections and dynamics with early life experiences are one of the main external factors that have been demonstrated to affect addictive behavior. (Loke & Mak, 2013).

Studies have shown that accessibility and availability of drugs are factors in drug abuse; this is why people are tempted to use illegal drugs in the first place. Additionally, the presence of drug dealers selling cheaply local products like Miraa, alcohol, tobacco, and marijuana encourages adolescent-students to abuse drugs (Nyatuoro, 2012).

Environment, which is described as family attitudes and beliefs, peer groups, communities, and more, is also thought to have a significant determinant of addiction because these are frequently

the things that motivate someone to first experiment with drugs or alcohol (Feinstein, Richter & Foster, 2012).

The determinants related to the environmental aspects for drug abuse among adolescent-students in schools is reflected through peer pressure, physical and sexual abuse, early drug exposure, stress, and parental supervision are just a few examples of the factors that can significantly determine someone's likelihood of using drugs and becoming addicted (Cleveland, Feinberg & Greenberg, 2010).

A study from Kenya, Kisumu Town among secondary adolescent-students by Nyatuoro (2012) revealed that mother's educational level and leisure time were some family contextual factors that determined drug and substance misuse along with family health and parental expectations, distance to the nearest wine and spirit store was one school environment element that affected drug and substance misuse.

In terms of environment factors on drug abuse among adolescents in secondary schools, the analysis revealed that young people's substance misuse is determined by the family, which is a representation of the home environment (Nwambam & Igba, 2019). The review also investigates and evaluates family-centered therapies that aim to reduce youth substance misuse. Direct prevention, early detection, and prompt treatment are among them. These can be aided by strengthening families, enhancing parent-child bonds, and boosting family support for teenage resilience to substance misuse (Martin et al, 2015).

For adolescent-students environmental factors determined their drug abuse entail aspects of the type of education received, such as boarder or day student, the location of residence (rural, urban, leafy suburb, middle class, or slum), the distance to the nearest source of alcoholic beverages, and the frequency of teacher inspection of adolescent-students' personal belongings. (Komen, 2014).

From a study by Ochieng, (2022), it was noted that students (adolescents) in secondary schools were most likely to use marijuana (also known as cannabis), cigarettes, and alcohol. Some of the factors that drove students to use psychoactive substances included peer pressure, the home environment, and the accessibility of substances in the students' communities.

2.4 Strategies to Address Drug Abuse among Secondary School Adolescents

When it comes to strategies for addressing drug abuse, the initiation of substance usage is also linked to risk-taking (Wineret al, 2022). It is noted that because substance use frequently starts in adolescence, primary prevention has received a lot of attention in an effort to stop first-time substance use. Adolescents with problematic substance use or a substance use disorder frequently get secondary or tertiary preventative measures, such as counseling to end substance use or providing treatment (McCann, Lubman, Boardman & Flood, 2017). While this is crucial, some teens might not want to receive therapy or stop using. Healthcare professionals (HCPs) can provide harm reduction-focused guidance in these situations (Olashore, Paruk, Maphorisa & Mosupiemang, 2022).

Findings from the study by Ochieng, (2022), revealed that in order to reduce the prevalence of the use of psychoactive substances among secondary school students, the study suggests that the government give prohibition of the use of cannabis, cigarettes, and alcohol special emphasis. In order to give pupils the knowledge and skills they need to avoid temptations to use psychoactive substances, school administration and the general public must establish drug control and prevention clubs in secondary schools.

Drug education has been taught to pupils in schools for some time now with the hope that it may alter their behavior. However, other educators disagree with the idea of behavior modification and suggest a more educative strategy for drug prevention in schools (Kongjareon, Samoh, Peerawaranun & Guadamuz, 2022).

The main prevention of adolescent substance use is the subject of many campaigns. Primary prevention refers to methods or measures intended to stop a disease or ailment before it starts (Day et al, 2017). Communities that Care, Life Skills Training, Project ALERT, Pre venture, and Strengthening Families are just a few examples of effective primary prevention initiatives. These initiatives are in part to blame for the declining prevalence of substance use disorder (SUD) among teenagers (National Institute on Drug Abuse, 2021).

Secondary and tertiary preventive strategies are required for teenagers who have started using drugs, use them sometimes, or have an SUD (Umukoro, Taiwo, Maroh, & Mofoluwake, 2016).

Secondary prevention enables the early detection of high-risk groups, which slows or stops the progression of disease. The American Academy of Pediatrics (AAP) recommends SBIRT (Screening, Brief Intervention, and Referral to Treatment) as a successful method for identifying adolescents who use drugs (Levy et al; 2016). After a diagnosis, tertiary preventative strategies provide therapy and rehabilitation. HCPs have the potential to include harm reduction techniques in cases when a teenager has problematic substance use or an SUD, in addition to giving counsel to quit using or seeking treatment (Gray, 2017).

2.5 Summary for the Literature

Literature provided above has indicated that different determinants for drug abuse exist among adolescents-students these are categorized by family background, peer pressure and environment are determinants of drug abuse among adolescents. These reflected the prevalence rate for drug abuse among the adolescents in a community and several strategies can be adopted to save the adolescents from drug abuse. However, it is noted that no literature has been presented based on secondary school adolescent-students particularly at Nile High School. This therefore, justifies urgency of this study to be conducted to fill this literature and information gap.

CHAPTER THREE METHODOLOGY

3.1 Introduction

This chapter is made up of the methodology. It discusses the study design, the study research design, study population, sample size, sampling procedures, data collection instruments, validity and reliability, procedure of data collection, data analysis measurements of variables, ethical consideration and limitations of the study data collection methods, data analysis, ethical considerations and the challenges faced during data collection..

3.2 Study Design

A cross sectional research design was adopted. The design was chosen because it enables acquisition of information for the study and its objectives thus offering more insights regarding the problem in place (Creswell, 2014). This study was adopt a mixed method approach to data collection where quantitative and qualitative data collection approaches was used. The quantitative data collection approach was used to obtain quantitative information in terms of figures for the study variables. However the qualitative approach was mainly expressed in words. It was used to understand concepts, thoughts or experiences. This type of research focused on exploring, in as much detail as possible, smaller numbers of instances and enables to gather in-depth insights on topics that are not well understood.

3.3 Study Population

The study was conducted among youths both drug abusers and non-drug- users at Nile High School. The study had key informants who were the teaching staff members, support staff members of Nile High School and Community leaders.

3.4 Sample Size and Characteristics of Respondents

The sample size comprised of a total of 90 study participants who were interviewed using questionnaires. Out of the 100 study participants, 90 were students, (47 males and 43 females),

the 10 participants-key informants where (5) teaching staff members of Nile High School, (3) Support Staff members of Nile High School and (1) Community leader and (1) social worker within Nile High School. As shown in the survey population comprised of students mostly because they are the ones that a liable to high drug abuse.

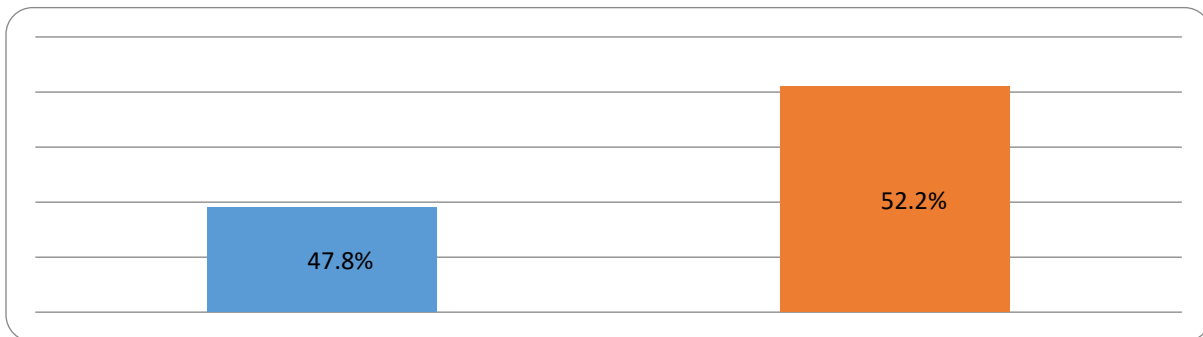
Table 3. 1: Sample Size of the Study Participants

Category of Study participants	Number	Sampling Method
Students of Nile High School	90	Snowball
Teaching Staff Members at Nile High School	5	Purposive
Support Staff Members at Nile High School	3	Purposive
Community Leaders/ Members	1	Purposive
Social Worker	1	Purposive
Total	100	

Source: Constructed by the Researcher (2021).

With the characteristics of the respondents as detailed below. Gender, age, and region for the study participants-students were the background information considered in the study and results are presented below. However, the rationale for such information was to reflect the characteristics of the respondents in regard to this study.

Figure 3. 1: Gender of the Participants



Source: Primary Source (2023)

From figure 3.1 most of the participants (52.2%) were males and females (47.8%). This implies that the study included both gender and there was no gender based bias.

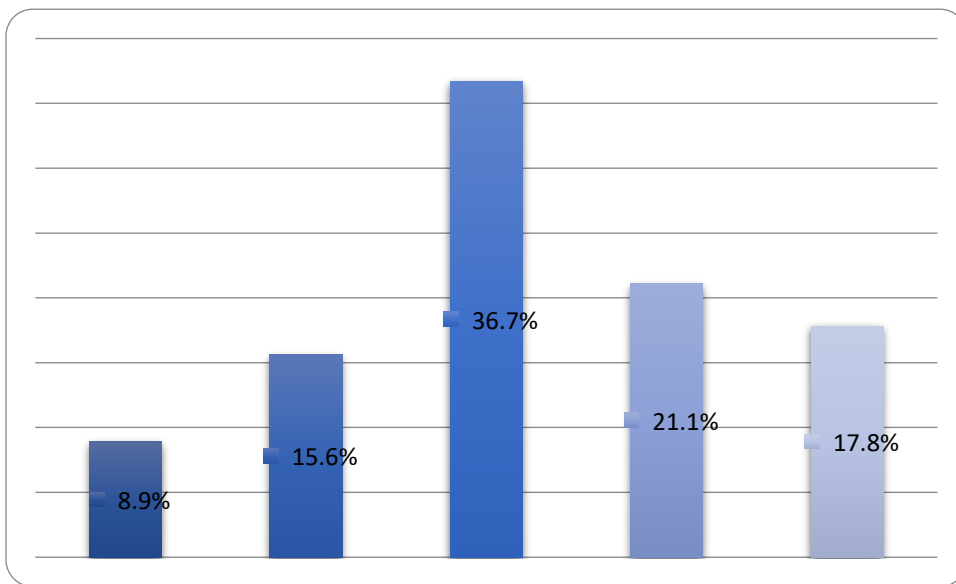
Table 3. 2: Age of Participants

Age Categories	Frequency	Valid Percent
12-13 Years	30	33.3
14-15 Years	37	41.1
16-17 Years	13	14.4
Above 18 Years	10	11.1
Total	90	100.0

Source: Primary Source (2023)

Table 3.2 reveals the results for the age according to the participants. It was revealed that most of the participants (41.1%) were aged 14-15 years those who were aged 16-17 years had 14.4%, those who were aged 12-13 years were (33.3%) and a small percentage of 11.1% were aged 18 years and above. This implies that students had differences in terms of age and drug abuse was among respondents of different age brackets.

Figure 3. 2: Religious Denomination



Source: Primary Source (2023)

Figure 3.2 shows that that most of the participants were Catholics with 36.7%, those who were Protestants were (21.1%), Muslims (15.6%) and others (17.8%). Results show that the study was made up people of different religious denominations. From the key informants, the (10) respondents, (6) out of the (10) participants were female and the male were 4 people. In terms of age they were aged 35-59 years and in terms of religion the Christians were (7) and only (3) people were Muslims. This further implies that there was diversity in terms of age, religion and gender among the key informants of the study and therefore, they had different characteristics that made them important to provide information for this study. The aspect of age for example; implies that there above the adolescent age and thus had life experience that would be shared by the adolescent.

3.5 Sampling Techniques

As indicated in Table 3.1, the study used snowball method was used to select study participants for the study. With this technique, elements of the population (students) was identified and engaged in the study. This method was applied by writing all initials of the names of students on pieces of paper that was folded, put in a container and mixed up together. This is a non-probability method used where one identified study participant or participant directs and lead the researcher to another potential study participant.

The key informants for this study were selected by purposive method and this is a non-probability method that was used to have this type of study participants given their expert knowledge regarding factors contributing drug abuse amongst secondary school students at Nile High School and in relation to the study objective.

3.6 Sources of Data

In order to accomplish the objectives in this research and come up with correct results the researcher used both primary as well as secondary data. The primary data collection methods that were used during the study included the use of questionnaire and interview methods. For the secondary data document review method was used.

3.7 Data Collection Methods and Instruments

Data collection is a process that should be carefully planned by a researcher as it is the way to avoid bias and minimize the determinant of selected research method's shortcomings (Biggam, 2008). There are various data collection techniques, and it is suggested that any of them should not be used alone (Bryman & Bell, 2011). Biggam (2008) believes that a combination of different sources of data is beneficial for a research as it allowed triangulation of the gathered data. The researcher collected data from both primary and secondary sources. Questionnaire, interview and documentary review were used as methods of data collection.

3.7.1 Questionnaires

A questionnaire is a set of questions, which are usually sent to selected study participants to answer at their own convenient time and return back the filled questionnaire to the researcher. Questionnaires was distributed to selected study participants who were requested to fill them and the researcher collected them at a later date. The questionnaires contained both open ended and closed questions.

The structured questionnaire is deemed appropriate for large samples as information can be conveniently obtained hence increasing validity, offering study participants a choice from a given set of alternatives and allows for change of responses where necessary. The choice of the questionnaire-guide was also justified by the fact that it was one of the best tools in collecting quantitative data from a big number of study participants and questionnaires provide information based on fact and opinion.

The questionnaire-guide design was follow the Likert scale model where 1 = strongly disagree, 2 = disagree, 3 = not sure, 4 = agree and 5 = strongly agree. This data collection tool was administered among the (90) students from Nile High School s and it was self-administered.

3.7.2 Interview

For this study, interviews were used to collect qualitative data from the key informants. Interviews was held in convenient ways with the identified participants. An interview-guide was used to collect this related information based on the study objectives and research questions. The researcher conducted the interviews using an interview guide on phone with the stated

participants. The researcher recorded the information as it was given by the study participants. Interview were held with the social worker, local council administrator, teaching and support staff of Nile High School.

3.7.3 Documentary Review

This method offered secondary data regarding this study and it was used to build up chapters of this study. Therefore, journals, articles and reports were obtained in regard to performance appraisal and employee performance. Information was used as literature review and findings for the study objectives. This method was chosen to obtain secondary data that supplemented primary data. A document review-checklist was adopted to collect this form of information.

3.8 Procedure of Data Collection

For the study to be carried out efficiently and effectively, the researcher was obtain a letter of introduction from the University which was presented to the study participants prior to filling in a questionnaire. This enabled the researcher to carry out the study without fear at Nile High School. The researcher sought for permission from the area authorities to conduct the study from the area. The students were engaged first in questionnaire, the key informants were engaged later on starting with teaching staff. The data collection exercise took a period of 3 weeks given the different time schedules and conveniences of the study participants.

3.9 Data Quality Control

Quality control covered validity and reliability tests undertaken as detailed below.

3.9.1 Validity

In this study, Content Validity Index (CVI) was used to establish whether the questionnaire measure what it is intended to measure. Validity was found by considering the number of items declared relevant divided by total number of items presented. This was done with the guidance of the supervisor who acted as the authority in the modification of the questionnaire-guide.

CVI = Number of relevant items

Number of total items in the instrument

Overall, the questionnaire was having an index above 0.7, thus it was acceptable as Amin, (2005) argued. Therefore, if the CVI in this study was 0.782 after pretesting the instrument, then it was considered to be valid.

3.9.2 Reliability

Reliability of data is the ability to obtain similar results by measuring an object, trait or construct with independent but comparable measures. In order to ascertain reliability of the study, a pilot study was conducted whereby questionnaires were distributed to 10 study participants in order to identify questions that might be unclear or ambiguous to them. The pilot study also helped the researcher to identify any non-verbal behavior of study participants who possibly show discomfort or embarrassment about the content or wording.

To make the data collection instruments, which in this case for questionnaires, valid and worth, twenty questionnaires were distributed to five study participants. The pre-test aimed at testing understand ability of the questions presented in the questionnaires. As regards external validity, the researcher assumed and believe that each study participant chosen is believed to have rich information, which was crosschecked. The researcher also explained the purpose of the exercise.

A pre-testing exercise was conducted among 10 students from Makerere University. This was because reliability requires that an instrument is tested in a different place to find out if it can lead to same results with a similar setting. The students was taking Social Work and Social Administration (SWASA) course and in 2nd and 3rd year of the study. Filled questionnaires were entered in the Statistical Package for Social Sciences (SPSS) to obtain the reliability coefficient for items of each variable. Results are presented in a table format with the coefficient results.

The pre-test helped in streamlining and shaping the research tools. This facilitated the provision of more accurate and reliable data and information which was suitable for answering the research questions and fulfilling the research objectives.

3.10 Data Processing, Management and Analysis

After data is collected, it was reduced into summary form. The summary was processed by using SPSS (Statistical Package for Social Sciences). The research findings was organized and

presented in tables, charts and graphs by using numbers and percentages. Data analysis and interpretation enabled the researcher to answer the research questions, address the research objectives and the research problem and eventually gave the recommendations.

3.11 Data Analysis

3.11.1 Quantitative Data

Quantitative data collected was coded using figures and frequency tabulation and verification and editing of data was done to ensure accuracy. The Statistical Package for Social Science (SPSS) was the major tool for analysis of quantitative data collected. Frequencies and percentages for each study variable was presented using descriptive analysis method. Inferential statistical method of data analysis was used where chi-square and Pearson Product Moment Correlation were opted for to determine the predictor among the variable (Drug-abuse). The Any p-value <0.05 for independent and dependent variables were considered statistically significant. Therefore, the occurrence of drug abuse behavior was well reflected in this study based on the study variables. Further to reflect the determinant of stated factors a regression analysis was conducted for the factors that were statistically significant and the predictors of drug abuse were ranked based on moderate, strong and weak rankings.

3.11.2 Qualitative Data

Qualitative data was transcribed and analyzed using thematic content method. The same information was triangulated with quantitative information to provide a picture regarding to the study objectives.

3.12 Ethical Considerations/Approval

In this study ethical considerations offer the outline the content of research and what was required of participants, how informed consent was obtained and confidentiality ensured. It concerns protection of study participants' autonomy, maximizing good outcomes while minimizing unnecessary risk to research assistants.

The researcher sought for guidance from the supervisor at UCU regarding this study and corrections was made as advised. The dissertation of this research was approved and the

researcher moved on with other research activities. The dissertation also received comments that was worked on by the researcher and subsequently approval by the supervisors.

In this study, therefore, explanations about its aims was made clear to the study participants, so as to obtain their informed consent. Anonymity of the study participants was assured and the data that they provided was treated with utmost confidentiality. The Key Informants was referred to as SP1, SP2 and SP3 among others so as to have their names and job titles not mentioned anywhere in this study.

As such, the study participants participated in the study voluntarily and mention of names was avoided. Study participants were notified that there was no harm caused to them physically, psychological or mentally; and to their places of school, university, work and family during or after participation in this study.

The researcher accorded due respect to the sampled study participants (Drugs Abusers). The information that was given and used strictly for academic purposes. Confidentiality of the information was kept and the consent of the study participants was always sought in case need for disclosure becomes vital. Relevant acknowledgements was made for persons whose help was sought during the process of information gathering.

The researcher first clarified to all the data collection instruments to each study participant that the findings would be of importance in various ways. It was noted that this method to be advantageous because the study participants was exposed to exactly the same structured questions.

In the process of undertaking this research, the researcher was also adhere to the standard operating procedure given the Ebola and COVID-19 Cases in Uganda. This was also be emphasized while with study participants and at the time of questionnaire distributions. This was done by application of sanitizers, social distancing, washing hands and masking when with the study participants.

3.13 Faced Study Challenges

The researcher anticipates delays by study participants to participate in the study. This was due to the fact that some study participants may felt offended to reveal behavior such as late coming and absenteeism and or thinking that the results of this study negatively affect their job position. However, this was handled by explaining to the study participants that this is an academic study.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.1 Introduction

This chapter provides the findings based on the objectives of the study. The first objective was (i) To investigate the prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality, (ii) To establish the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality and (iii) To assess the strategies in place to address drug abuse among adolescents in secondary schools in Mukono Municipality.

4.2 Prevalence of Drug Abuse among Adolescents in Secondary Schools

The first study objective was to investigate the prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality. Therefore, it was considered vital to reflect upon the abuse behaviors and patterns of students in order to answer this objective. Participants were asked questions that were related to their drug abuse behaviors and patterns, results are presented below.

Table 4. 1: Percentage Distribution of Responses Regarding Drug Abuse Behaviours and Patterns

	Responses	Frequency	Valid Percent
Do you take drugs	Yes	85	94.4
	No	15	16.6
	Total	90	100.0
Reasons for drugs Consumptions	Pass time	11	12.2
	Stress	13	14.4
	For leisure	37	41.1

	Peer pressure	29	32.2
	Total	90	100.0
How often do you take drugs	Few times a day	14	15.6
	Once a day	7	7.8
	Once a week	27	30.0
	A few days in a week	29	32.2
	Once in a month	13	14.4
	Total	90	100.0
	When do you take drugs	Morning	2
Afternoon		5	5.6
Evening		23	25.6
At night		48	53.3
Not sure		12	13.3
Total		90	100.0
How many drinks/drugs can you have in a day	1-4 beers	25	27.8
	More than 5 Beers	12	13.3
	1 glass of wine	15	16.7
	Half a bottle of wine	2	2.2
	more than half a bottle of wine	16	17.8
	1-5 shots of spirit	9	10.0
	More than 5 shots of spirit	11	12.2
	Total	90	100.0
Have you ever felt guilty about drug abuse	Yes	51	56.7
	No	39	43.3
	Total	90	100.0
Tried to change the drug abuse patterns (that is tried to drink at specific times and places)	None	31	34.8
	1-2 times	28	31.5
	3-5 times	20	22.5
	More than 5 times	10	11.2
	Total	90	100.0

Source: Primary Source (2023)

Table 4.2 indicates that all the participants were drugs takers, and several reasons were given for their behaviors which included; leisure (41.1%), peer pressure (32.2%), stress (14.4%) and passing time (12.2%). This implies that the participants had socially constructed reasons for their drugs taking and these differed among them. Results further, show that participants had differences in the patterns of drugs taking were (32.2%) indicated that they would take drugs a few days in a wee,(30.0%) of the participants indicated once a week, (15.6%) of the participants indicated a few days a week. This implies that participants had differences in patterns of drugs consumption.

It was also found that (53.3%) of the students could take drugs at night, (25.6%) indicate evening hours and (5.6%) indicated afternoon hours. This implies that students had different time periods of engaging in drugs taking which could be linked to their time of academic/school or class attendances.

Regarding the number of drinks one could have a day,(27.8%) of the participants indicated that they could drink 1-4 bottles of drugs, (17.8%) could take more than half of a bottle of wine, (16.7%) indicated one glass of wine and (13.3%) of the participants could take more than 5 beers and majority of the participants (56.7%) had felt guilty of taking drugs and most of the respondent(34.8%) had not tried to change their drugs consumption patterns. Therefore, results imply that students had differences in capacity to take drugs and this would have differences in effect of drugs consumption among students.

From the qualitative data obtained, results showed that students have changing drug abuse/drinking behaviors and patterns due to severe reason or events that happen within and outside school. For example from the Interview with one key study participant it was revealed that since students had different academic and social life background, they exhibit differences in behaviors including drugs consumption. This comes as a way of making themselves happy yet it affects them.

The school admits different students with different social and academic background so they engage in drugs consumption with different behavioral patterns (Interview with Key Study Participant1).

Further it was revealed that students normally consume drugs most before exam period and after exams when they are too free. This makes them even unable to attend classes but when exams time reaches they change.

Students normally take drugs before exams periods and after exams, and normally in these time periods you will find class full and after exams for example bars in trading centers will be full of students instead. So the patterns and behaviors among students regarding drugs consumption exists and based on different academic periods (Key Study Participant 8).

The study participant during the interview also revealed that before exams students get many friends which forces them to engage in different behaviors including drugs consumption and this tends to change their behaviors towards attending class and doing course works for some student

Drug abuse behaviors and patterns for students are based on time periods especially if the semester has just started more student engage in drugs consumptions with so many friends visiting families or places of residences for the same (Key Study Participant 4).

4.3 Determinants of Drug Abuse among Adolescents

The second objective of the study was establish the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality. Findings were categories in terms of family background, peer pressure and environmental-based determinants. It is vital to note that different responses were provided by the participants and respondents. Findings are presented below.

Table 4. 2: Family Background and Drug Abuse

My family members are in favor of drug abuse drugs	Strongly disagree	9	10.0
	Disagree	14	15.6

	Agree	46	51.1
	Strongly agree	21	23.3
	Total	90	100.0

Source: Primary Source (2023)

Table 4.3 shows that 46(51.1%) of the respondents and 21(23.3%) agreed and strongly agreed that their families favored taking alcohol or drugs. It was however noted that 9(10.0%) and 14(15.6%) of the respondents strongly disagreed and disagreed to the item respective. This implies that in most families taking drugs or alcohol was not prohibited.

The Key Study Participant 9 revealed that students' perception on drugs consumption varies based on family and social background. Some students come from homes where drugs is sold or brewed and so they may not have a negative perception of this because right from home drugs is the business so its consumption too will be high by such students.

Some students have a positive perception of drugs simply because from home they sell it and its consumption may be high by such students. The amount of drugs taken may not matter to affect the perception of a student (Key Study Participant 9).

It was further noted that some students came from the homes where parents take alcohol and drugs and therefore, from childhood such students see parents or guardians taking drugs and also learn from there to do the same. This was noted from almost all the study participants who were interviewed.

It was further revealed that some students have a positive perception towards drugs simply because their religious denomination does not prohibit them from taking it. For example the catholic faith does not stop its faithful from taking drugs and this may attract a positive perception of drugs among student.

Some religious denominations do not prohibit drugs consumptions but the amount consumed is key in this matter. For example the Catholic Faith does not prohibit its people from taking drugs so any catholic may have a positive perception based on the religious perspective. So,

adolescents from a family background with the Catholic faith see drugs or alcohol taking as a bad thing/behavior.

Table 4. 3: Simple Regression Analysis for Family Background on Drug Abuse among Adolescents

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
a	.831 ^a	.797	.805	.28267	.088	51.871	1	80	.004
a. Predictors: (Constant), Family Background on Drug Abuse among Adolescents									

Correlation is significant at the 0.05 level (2-tailed)

Source Field Data (2023)

Table 4.4 shows that family background had a positive determinant on drug abuse [Beta = 0.805, p-value 0.004 < 0.05]. This denotes that statistically family factors was a determinant of drug abuse among adolescents in the school. This also reflects that a unit change of environmental factors had an 80.5% change towards adolescents drug abuse in terms of determinants. Therefore, family background had the low determinant to the adolescents' use of drugs while at school when ranked with other factors.

The findings above are in agreement with literature by Schaps, Battistich and Solomon, (1997) Who mentioned that even when children are outside its setting, the family has an important role to play in pondering for children (Nelson & Kaufman, 2002). The family protective factors for children outside the family are: age, appropriate parental monitoring of social behavior including establishing curfews, ensuring adult supervision of activities outside the home, knowing the child's friends and enforcing household rules, success in academic and involvement in co-curricular activities, strong bonds with pro-social institutions such as school and religious institutions and acceptance of conventional norms against drug abuse.

The findings are also in agreement with Nyatuoro (2012) who revealed that mother's educational level and leisure time were some family contextual factors that determined drug and substance misuse along with family health and parental expectations, distance to the nearest wine and spirit store was one school environment element that affected drug and substance misuse. Therefore adolescents from less educated families or highly education are prone to taking alcohol mostly which then turns to be part of their lives since they see parents or guardians taking such drugs.

The findings are also in line with information by Abar (2012) who found that students whose parents where pro alcohol/ consumed alcohol while at home where most likely to also end up taking alcohol as well as way of result of emulating what their parents were doing. Therefore imitation of the adults takes place and when it comes ot drug abuse, the school-going adolescent also take part in the similar behavior.

Table 4. 4: Peer Pressure and Drug Abuse

My friends is in favor of drug abuse	Strongly disagree	9	10.0
	Disagree	32	35.6
	Agree	38	42.2
	Strongly agree	11	12.2
	Total	90	100.0
My religion does not favor drug abuse	Strongly disagree	8	8.9
	Disagree	33	36.7
	Agree	33	36.7
	Strongly agree	16	17.8
	Total	90	100.0

Source: Primary Source (2023)

From this table further, results show that participants’ partners were in favor of drugs consumption as indicated by (54.4%) of the participants. This implies that most of the participants were receiving a positive approval from their partners regarding drugs consumption.

Results also revealed that most participants’ indicted religion was not (54.5%) perceived drugs taking being not favored by their religions. This implies that most respondent took drugs without considering the principle of religion regarding their behavior. Information obtained from the

interviews revealed that the perceptions of the students regarding drugs and its consumptions roots from the social, economic and religious dimensions.

Further it was added by the study participant that students would expose different behaviors and pattern of drugs consumption due to many factors including economic and social aspects.

Students who take drugs have differences in drugs consumption and behavior based on their income levels and nature of friends. You may find that some take drugs during night when their friends are not watch or some even involve their friends to take drugs so this varies among these people (Interview with Key Study Participant 2).

From the interview with one key study participant it was revealed most students have a positive perception on drugs and this is due to the benefits attained from its consumption which involves socialization with friends, getting new friends and forgetting stressful events of life among students.

Students who take drugs will always perceive it as good and their behaviors shall then be justified coupled with the advantages attained after taking any drugs brand. This further explains why most students resort to drugs taking during or after stressful life (Interview with Key Study Participant1).

Further it was added by the study participant that due to a free life those students attain after primary school life, they perceive drugs as another event they must engage in with their friends and this leads to a positive perception and justifications for drugs consumption by most students.

Students will normally perceive drugs consumption positive due to it benefits in their social life (Study Participant 10).

Further it was revealed that the amount of drugs taken and the ability to afford drug abuse by a student normally ignite a positive perception for drugs, coupled with the social groups that a drugs-taker lives /socializes with.

A group of students who can afford expensive beers will have a positive perception towards that brand to justify his consumption and the status unlike the

one who can afford just a small amount of drugs (Key Study Key Study Participant 7).

From the Key Study Participant 6, it was revealed that some female students who take drugs tend to be enticed by fellow girl-friends mostly. This results into inability to discuss the dangers of abusing drugs with fellow friends or reason normally.

The relationship between drugs consumption and academic performance is related to the effect of drugs consumption on academic performance take a slow pace but as a student engage in drug abuse more effects are manifested including poor memory and inability to attend to classes (Key Study Participant 6).

The provided information above, implies that determination of this factor is not from one source of gender to the other but rather each gender can determine the other bases on the degree of friendship and association. It is therefore, noted that in terms of determinants the adolescent students were more likely to abuse drugs simply because at their homes, it was not prohibitive and peer pressure partly contributed to such behaviors.

Table 4. 5: Simple Regression Analysis for Peer Pressure on Drug Abuse among Adolescents

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
a	.876 ^a	.757	.812	.26257	.098	51.270	1	90	.006
a. Predictors: (Constant), Peer Pressure and Drug Abuse among Adolescents									

Correlation is significant at the 0.05 level (2-tailed)

Source Field Data (2023)

Table 4.6 shows that peer pressure had a positive determinant on drug abuse [Beta = 0.812, p-value $0.006 < 0.05$]. This denotes that statistically peer pressure determined drug abuse among adolescents in the school. This also reflects that a unit change of environmental factors had an 81.2% change towards adolescents drug abuse in terms of determination. Therefore, environmental factors had the moderate determinant of drug abuse to the adolescents' in school.

The findings above are in agreement with literature by Can and Kucukoglu, (2022) who stated that several researches have been carried out and examined the determinant of peer groups on educational settings and made contributions to our understanding of the composition and scope of such networks as well as their connections to drug use.

In addition, findings are in agreement with literature by Beardslee et al, (2018) who stated that friends were a determinant of one another's substance use and become increasingly similar. According to recent studies, one's opinions of their friends' teen drug usage can foretell their own use as an adult. Indeed, the findings are in support of the literature and findings by Mwesiga (2020) who revealed that among secondary school pupils in the Kiruhura district, peer pressure and drug usage were not significantly correlated, there was no correlation between peer pressure and self-esteem among secondary school students in the Kiruhura district. It is therefore, argued that in line with this objective, the more the peer pressure to the school adolescents, and the higher are chances of testing drugs and abusing them since they are in exploration stage of development.

Table 4. 6: Environmental Factors and Drug Abuse

Items	Responses	Frequency	Valid Percent
In this community drug abuse is a common practice	Strongly disagree	8	8.9
	Disagree	8	8.9
	Agree	38	42.2
	Strongly agree	36	40.0
	Total	90	100.0
In this community male students drink more than females	Strongly disagree	11	12.2
	Disagree	12	13.3
	Agree	47	52.2
	Strongly agree	20	22.2

	Total	90	100.0
Drugs consumption takes away stress	Strongly disagree	6	6.7
	Disagree	23	25.6
	Agree	48	53.3
	Strongly agree	13	14.4
	Total	90	100.0
It is normal to drink	Strongly disagree	3	3.4
	Disagree	17	19.1
	Agree	49	55.1
	Strongly agree	20	22.5
	Total	89	100.0

Source: Primary Source (2023)

Majority of the participants (82.2%) considered drugs taking in their communities/ families of residence as a common acceptable behavior/practice, (74.4%) considered male students to the most category to take drugs. These imply that students took drugs taking a free aspect to do.

Results also showed that (67.7%) perceived drugs consumption as a way of fighting stress, (77.6%) of the participants believed drugs consumption normal and (66.7%) indicated that their friends favor drugs taking. This implies that students had positive social perceptions towards drugs taking among themselves.

From the Key Study Participant 6, it was revealed drugs consumption is perceived by some students who take it as a way of making/creating fun in life, staying awake after a stressful environ at school.

Drugs consumption is perceived a moment of creating more friends after getting fun as well as staying awake or forgetting the problems of life (Key Study Participant 6).

It was also noted from the interviews that school-going children in secondary school mostly have high access to drugs including Waragi, or Toti-packs and other substances. It was reported that these are sold on open market and indiscriminative of age. This was therefore, mentioned as one of the factors from the environment that contribute to drug abuse.

It was also revealed that during the social events in School like the end of year parties, school trips and bazaar, students engage much in drugs consumption because more drugs traders are allowed to enter school and this increases access to drugs of whatever brand among students given the fact that they will not incur transport costs therein.

The social events(school events and parties inside or outside the school) organized in the school especially in outside the school attract many students to consume drugs and students behaviors towards this change greatly during the events/ceremonies period so many engage in consuming drugs as they meet their friends before school (Key Study Participant 5).

The information under this objective implies that the environment by which adolescents of the school-going age live, contributes much to their consumption or no consumption of drugs. Therefore, it is a critical factor to think about when it comes to the behaviors of the adolescents. It is therefore, noted that the findings imply that the nature of the environment for the adolescents in schools determined their thoughts and actions regarding drug abuse as well as taking.

Table 4. 7: Simple Regression Analysis for Environmental Factors on Drug Abuse among Adolescents

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
a	.601 ^a	.777	.895	.29263	.086	51.974	1	90	.008

a. Predictors: (Constant), Environmental Factors and Drug Abuse among Adolescents

Correlation is significant at the 0.05 level (2-tailed)

Source Field Data (2023)

Table 4.8 shows that environmental factors had a positive determinant on drug abuse [Beta = 0.894, p-value $0.008 < 0.05$]. This denotes that statistically environmental factors determined drug abuse among adolescents in the school. This also reflects that a unit change of environmental factors had an 89.5% change towards adolescents drug abuse in terms of determinant. Therefore, environmental factors had the strong determinant to the adolescents' use of drugs while at school. So, the use of drugs by adolescents would be contributed at 89.5 percent for that matter.

Students spend most of their time in school therefore there are a lot of things either positive or negative that can take place within a given school environment. They interact with other students, workers, teachers among others. If drug availability, drug trafficking patterns, cultural beliefs on drug use is generally tolerated, it becomes a risk that can determine young people to start to abuse drugs as stated by (Otieno and Ofulla (2009)). The determinant normally comes by the place the drugs are offered. Such places include parks, streets, schools, homes or parties.

In terms of discussion of the findings of this study, the students in towns are more likely to abuse drugs and other substances as compared to those in the rural areas as noted by Otieno, et al (2009). They risk having tasted khat (miraa), bhang, alcohol, tobacco and inhalants which include glue. The same youth in towns have a different lifestyle as compared to the rural youth. Those in towns are outgoing and like partying a lot so they are more predisposed to drugs as compared to those in rural areas as drugs are more available in urban areas as opposed to the availability in rural areas As stated by Merton and Nisbet (1971) note that people use illegal drugs because of their ready availability and promotion of interests of those who are in a position to benefit financially from their sale. Bus stops and schools within town centers are the best known dens of drug taking.

The findings also reflect and agree with information that early initiation to drug abuse is associated with greater drug involvement whether with the same or different drugs as mentioned by Nnaji, (2000). Many youths do not progress to abusing other drugs but for those who do, their

drug abuse histories can vary by neighborhood drug availability and other characteristics of the abuser population. The pattern of abuses associated with levels of social disapproval, perceived risk and the availability of drugs in the community. As children enter high school, they are exposed to greater availability of drugs, drug abusers and social engagements involving drugs as based on literature by Elizabeth et al (2003).

So, it is argued that in accordance with this objective, for the adolescents, these factors under the environment, increase the drug abuse risks. Kenyan youth face the greatest risk as they are easy targets for recruitment into the abuse of the drugs by drug barons because the youth are vulnerable as this a period of many challenges as they seek for peer identification and individualization from the family. It is clear that the youth experiment with drugs during the growing up processes.

The findings are in line with literature by Loke and Mak (2013) who mentioned that environmental determinant led to addiction include parental factor, cultural norms, media portrayal, and bodily associations that were learned and family connections and dynamics with early life experiences were one of the main external factors that have been demonstrated to affect addictive behavior.

The level of accessibility to drugs as reported by this study is also in line with literature by Nyatuoro, (2012) who noted that accessibility and availability of drugs were factors in drug abuse; this was why people were tempted to use illegal drugs in the first place. Additionally, the presence of drug dealers selling cheaply local products like Miraa, alcohol, tobacco, and marijuana encourages students to abuse drugs.

With the findings of this study, therefore, Social learning theory by Bandura, (1977) best relates with how students behave in terms of drug abuse. The aspect of learning as stated by the theory is an extension of this study findings. The more students are exposed to drugs environment, the higher are chances that they will learn them and start using or abusing them. This affects their life socially and academically.

4.4 Strategies in Place to Address Drug Abuse among Adolescents

The third objective was to assess the strategies in place to address drug abuse among adolescents in secondary schools in Mukono Municipality. This objective was addressed by providing quantitative and qualitative information as provided below.

Table 4. 8: Strategies in Place to Address Drug Abuse among Adolescents

	Responses	Frequency	Valid Percent
I prefer counseling to be given to adolescents abusing drug	Strongly disagree	6	6.7
	Disagree	10	11.1
	Agree	38	42.2
	Strongly agree	36	40.0
	Total	90	100.0
Adolescent who abuse drugs require rehabilitation	Strongly disagree	11	12.2
	Disagree	9	10.0
	Agree	47	52.2
	Strongly agree	23	25.6
	Total	90	100.0
There is need to provide treatment to the adolescents who are drug-abusers	Strongly disagree	6	6.7
	Disagree	0	0.0
	Agree	48	53.3
	Strongly agree	39	40.0
	Total	90	100.0
Imprisonment can be used for adolescents who abuse drugs	Strongly disagree	7	7.8
	Disagree	14	15.6
	Agree	49	54.4
	Strongly agree	20	22.2
	Total	90	100.0

Source Field Data (2023)

Table 4.9 indicates that 38(42.2%) and 36(40.0%) of the respondents agreed and strongly agreed that they needed counseling to have a change from abusing drugs. It was also noted that 6(6.7%) and 10(11.1%) of the respondents strongly disagreed and disagreed respectively to the item. This implies that counseling was needed by the adolescent to change behavior from drug abuse to becoming normal people (non-drug abusers).

Findings also revealed that majority of respondents 47 (52.2%) agreed that they needed rehabilitation, 23(25.6%) of the respondents also agreed as none was non-committal. The

respondents who strongly disagreed and disagreed to the item were 9(10.0%) and 11(12.2%) respectively. this implies that the rate of drug abuse among the adolescents had different drug abuse levels that needed rehabilitation thus, the differences in responses regarding the item.

Findings also showed that 48(53.3%) and 39(40.0%) of the respondents agreed and strongly agreed that there was need for treatment against drug abuse. It was however, noted that 6(6.7%) of the respondents strongly disagreed about provision of treatment to drug-abusers. This symbolizes that the respondents regarded treatments as a strategy for dealing with drug abuse among adolescents.

Findings of Table 4.9 indicated that 49(54.4%) and 20(22.2%) of the respondents strongly disagreed and disagreed respectively about being imprisonment due to drug abuse. It was however, noted that 14(15.6%) and 7(7.8%) of the respondents strongly agreed and agreed respectively about the item of imprisonment due to drug abuse. This information implies that respondents never considered imprisonment as a strategy for addressing drug abuse.

From the qualitative data component, it was noted that talking to the adolescents was one of the strategies to address drug abuse in the school and outside the school setting. The participant asserted;

It is good to talk to your teen about what they observe and hear. Talk about how to withstand peer pressure. Talk with your teen about possible strategies for declining drug offers. Be prepared to talk about your own drug use (Key Study Participant 1).

It was further noted that at the community level, it would be good not to sell alcohol or drugs to the students and the defense person as well as sellers needed to be implementing this. This was noted to be a good strategy since it is preventive in nature. One of the community leaders asserted;

Selling of alcohol or drugs to students needs to be prohibited in this place and at night mostly, this is the time they get the drugs especially those who reside at home (Community leader –Participant 3).

It was further noted by participants 4 that for the adolescents, it is important that parties (parents, community leaders and schools) consider the three mechanisms of dealing with drugs among the youths and the adolescents in particular. He noted;

There are three different categories of drug abuse prevention strategies: primary, secondary, and tertiary prevention. The majority of primary prevention programs—which anticipate and prevent drug abuse—have been geared toward elementary school students in general (Participant 4 at the time of interview).

The above information both in qualitative and quantitative form imply that there were several ways of addressing drug abuse among the adolescent and these required a joint engagement to fight the vice. This is in agreement with literature by Kongjareon, Samoh, Peerawaranun and Guadamuz (2022) who stated that in the school or community setting, it is vital to have drug education has been taught to pupils in schools for some time now with the hope that it may alter their behavior. This therefore, implies that the adolescent would best capture and behave based on the information provided since they were in school and students.

It is further noted that findings are in agreement with literature by Umukoro, Taiwo, Maroh and Mofoluwake (2016) who suggested use of secondary and primary preventive strategies to address drug abuse among adolescents in communities or schools. Therefore, the application of such strategies would reflect that the school in Uganda and Mukono specifically would have a drug –free society of the adolescent who are in school.

CHAPTER FIVE

CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the conclusions and recommendation based on the study objectives, and research questions in line with findings of chapter four above.

5.2 Conclusions

The following conclusions are made in light of the objectives and the findings of this study.

5.2.1 Prevalence of Drug Abuse among Adolescents in Secondary Schools

The prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality was high at 94.4% and this was based on the determinants that were in place including peer pressure, family background and the environment where they lived. These motivated their use and abuse of drugs.

5.2.2 Determinants of Drug Abuse among Adolescents in School

Family background positively determined drug abuse among adolescents of school going age; However with a weak determinant compared to other factors of this study. The drug abuse behaviors are imitated from relatives, parents and guardians of the adolescents.

Students had differences in the drinking behaviors and patterns as these were based on their social, time period and economic capabilities as well events happening within the school. The economic and religious background at the family level play a major role to exposing adolescents to drugs as well as their abuse.

Peer pressure was statistically determined drug abuse among adolescent of this study. This was the strong factor in terms of determinant. Thus, the best predictor of drug abuse among adolescents. The factors had different levels of influence among the adolescents in terms of drug abuse.

Alcohol consumption and drugs-abuse due to peer pressure with related to behavior of students and it negatively affects students depending on the amount and frequency of alcohol consumption in relation to the time of consumption and available academic obligations. The consumption was linked to their home, public places aspects. The adolescents considered consumption of alcohol as a way of stress management after tiresome academic periods and creating/gaining fun with friends.

5.2.3 Strategies in Place to Address Drug Abuse Among adolescents

Several strategies were provide to enable the adolescents stop the abuse of drugs. These included; counseling, rehabilitation, treatment. There was a positive perception towards change of behavior in regard to determinate of drug abuse and how they lead to drug abuse among the adolescents

5.3 Recommendations

The following recommendation are made in line with the study findings.

Parents should restrict their children from taking drugs and this can be done by letting them know the dangers of drugs to life. This will reduce the number of adolescents who take and misuse drugs awhile still at school.

The study recommends daily counseling as a way to reduce this phenomenon and improve students' behavior in education institutions, as well as advising students to take drugs/alcohol lightly while in school and at school.

The school(s) should put strict rules to drugs-takers a factor that may lead to high academic excellence. This may lead the students to concentrate more on their books and achieve their intended goal of coming to the school.

The Government through the Ministry of Education and Sports should impose strict laws about alcohol selling in Uganda among mostly to the adolescents in schools. Those who are found abusing it should be expelled or suspended for a while in order to protect the students from alcohol abuse and minimize on its effects.

Stakeholders including schools, non-governmental organisation, parents and government should provide counselling, rehabilitation and treatment services to school-going adolescents of drug abuse to enable them live a second change of their life.

5.4 Areas for Further Research

This study focused on the determinants of drug abuse among the adolescent youth of Mukono District. Another study with a bigger coverage of the district or districts' secondary schools in Uganda is recommended, because alcohol consumption is high among the youths/adolescents.

Further, it is recommended that a study on the impact of alcohol consumption and accomplishment of secondary school education among youths is recommended to be carried out in different schools in Uganda.

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Appendix A: Questionnaire for Students

Section A: Introduction

Iam Desire a student of Uganda Christian University (UCU) Mukono pursuing Bachelor's Degrees of Social Work and Social Administration. The purpose of this study is to find out the determinants of drug abuse among the adolescent youth of Mukono District. This questionnaire seeks to get your response and you are hereby requested to respond to the following questions as honestly as possible. The information you provide will be handled with at most confidentiality. Thank you.

Date.....

SECTION B: DEMOGRAPHIC FACTORS

No	Questions	Responses and code	Skip
1(a)	How old are you?	Record age	
b)	Sex	1 Male 2 Female	
c)	What is your religious denomination?	1 None 2 Muslim 3 Catholic 4 Protestant 5 Other specifies.	

SECTION C: PREVALENCE OF DRUG ABUSE

2	Do you take drugs	Yes <input type="checkbox"/>
a)	No	<input type="checkbox"/>
	If yes why?.....	
b	How often do you take drugs	few times a day <input type="checkbox"/>
	Once a day	<input type="checkbox"/>

	Once a week <input type="checkbox"/>
	A few days in a week <input type="checkbox"/>
	Once in a month <input type="checkbox"/>
c	When do you take drugs? Specify please
	Why?.....
d	At what time do you usually start taking drugs?
	What type of drug drinks do you take?
e	Why?.....
f	Have you ever felt guilty about drugs
g	Why...

Using the scale of 1 = strongly disagree, 2 = disagree, 3 = not sure, 4 = agree and 5 = strongly

agree. **May you respond to the following Items?**

SECTION D: DETERMINANTS OF DRUG ABUSE

1		Strongly Disagree	Disagree	Agree	Strongly Disagree
2	In this community drinking is a common practice				
3	In this community men drink more than women				
4	Alcohol consumption takes away stress				
5	It is normal to drink				
		Strongly Agree	Disagree	Agree	Strongly Agree
6	My friends are in favor of drinking alcohol				
7	My partner is in favor of drinking				
8	My religion does not favor				

	drinking				
9	I cannot do anything without my friends approval				
10	My family members are in favor of drug abuse drugs				

SECTION E: STRATEGIES

1		Strongly Disagree	Disagree	Agree	Strongly Disagree
2	I prefer counselling to be given to adolescents abusing drug				
3	Adolescent who abuse drugs require rehabilitation				
4	There is need to provide treatment to the adolescents who are drug-abusers				
5	Imprisonment can be used for adolescents who abuse drugs				

END OF THE QUESTIONNAIRE, THANK YOU FOR YOUR CONTRIBUTIONS

Appendix B: Interview-Guide for Key Informants

THE DETERMINANTS OF DRUG ABUSE AMONG THE ADOLESCENT YOUTH OF MUKONO DISTRICT

Section A: Introduction

I am Desire, a student of Uganda Christian University (UCU) Mukono pursuing Bachelor's Degrees of Social Work and Social Administration. The purpose of this study is to find out the determinants of drug abuse among the adolescent youth of Mukono District. This interview seeks to get your response and you are hereby requested to respond to the following questions as honestly as possible. The information you provide will be handled with at most confidentiality. Thank you.

Guiding Questions

- 1) What is drug abuse?
- 2) What is the prevalence of drug abuse among adolescents in secondary schools in Mukono Municipality?
- 3) What are the determinants of drug abuse among adolescents in secondary schools in Mukono Municipality?
- 4) What are the strategies in place to address drug abuse among adolescents in secondary schools in Mukono Municipality?
- 5) What do you think should be done to stop and prevent drug abuse in secondary schools?

END OF THE INTERVIEW, THANK YOU FOR YOUR CONTRIBUTIONS