

**EFFECT OF DRUG ABUSE ON THE YOUTH LIVELIHOODS IN NORTHERN
DIVISION MBALE CITY**

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DECLARATION

I **AKELLO JANET JESCAH** declare that the information in this report is as result of my full participation, engagement and efforts on the activities I underwent during my research. I certify that it's the original copy of my own and has never been submitted at any institution for the award of Bachelor's degree or Diploma.

SIGN.......... DATE 02/09/2024.....

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A RESEARCHER

APPROVAL

This is to certify that this research Report titled "**The Effects of Drug Abuse on the Youth livelihoods in Mbale city, Eastern Uganda**" was conducted under my supervision and it is now ready for submission.

Signature Odongo Joseph Date 04/09/2024

MR. ODONGO JOSEPH
UNIVERSITY SUPERVISOR

DEDICATION

I dedicate this research Report to all my parents Mr. and Mrs Ekwaro Robert who have guided, nurtured and influenced me to carrying it out towards my success.

ACKNOWLEDGEMENT

With great pleasure, I would like to thank the almighty God for having kept me healthy and strong that am able to accomplish this research report .I also thank my lecturer who helped with his technical skills and guidance towards this achievement

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LIST OF ACRONYMS

DV:	: Dependent variables
IV	: Independent variables
MC	: Mbale City
MV	: moderating variables
NADA	: National Authority on Drug Abuse

ABSTRACT

Drug abuse among the youth is one of the wide spread problem of modern time with substances consumed clandestinely forcing youth to neglect their livelihoods. Even no attention by both policy and academia has been given to the unlimited effort by youth to stop drug abuse and effectively participate in livelihood productivity. This study was aimed at determining the effect of drug abuse on youth livelihoods. The purpose of the study was to assess the effects of drug abuse on youth's livelihoods in Eastern division in Mbale city. The study was guided by three specific objectives namely: To examine the physical health implications of drugs on the youth's livelihoods in Eastern Division of Mbale City, to investigate the mental health effects associated with drugs on the youths livelihoods in Eastern Division of Mbale City and to analyze the health risks resulting from drugs to the youths in Eastern Division of Mbale city. Data was collected from 80 respondents in Eastern Division of Mbale City who included opinion leaders, child welfare officers and parents. Data was collected using surveys and interviews. Study participants were identified using probability and non-probability sampling. The study employed a mixed research approach using descriptive study and case study designs and data processing was done through editing of the data which will be coded for further data analysis. Data from questionnaires was analyzed using both descriptive statistics while interview data was analyzed using frequency analysis by counting the number of times of responses had by the respondents. Findings showed that drug abuse results into livelihood neglect by youth and eating and sleeping disorders. Drug abuse leads to psychological distress among youth and also drug abuse creates grief among family members particularly youths. Creates physical body weakness of youths. Other findings show that drug abuse affect reasoning and decision making and this lowers youth involvement in livelihoods and cognitive problems reduces effective participation in youth livelihoods. Drug abuse leads to mental problems which reduce involvement in youth livelihoods it may lead to leads to youth suicide which results into failure of livelihoods. Drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods. Further, the study found that Results into emotional anger among youth negatively affect their livelihoods and drug abuse creates worry among youth and tis lower their involvement in youth livelihood. Drug abuse results into emotional stress among youth and this affects their livelihoods and also creates fear and emotional distress among youth and this slows livelihood productivity. The study recommended strengthening the capacity of local council in fighting drug and substance abuse, increasing funding of these programmes in lower administrative units and also mobilizing communities and stakeholders to step forward in support youth livelihoods.

CHAPTER ONE

INTRODUCTION

1.0 Intro Introduction

This chapter presents information about the background to the study, problem statement, objectives of the study, research questions, scope of the study, and significance of the study, conceptual framework and operational definitions.

1.1 Background to the study

Drug abuse among youths has become a pressing global concern with far-reaching consequences across social, economic, and health domains. This abstract explores the multidimensional effects of drug use on young people worldwide, drawing on recent research from 2019 to the present. Health effects include physical ailments such as addiction and respiratory issues, as well as mental health disorders like depression and anxiety. Degenhardt, L., & Hall, W. (2020). Extent of illicit drug use and dependence, and their contribution to the global burden of disease. Socially, drug use hampers academic performance, strains relationships, and contributes to crime and violence. Economically, it diminishes productivity, increases healthcare costs, and burdens criminal justice systems. Long-term consequences include addiction and inter-generational effects. Situational factors such as peer pressure, accessibility, socioeconomic disparities, and mental health issues exacerbate drug use among youths. World Health Organization. (2021). Global status report on alcohol and health 2018. World Health Organization.

As we find ourselves in the beginning of a new millennium, we are faced with challenges to our survival as a human population. Some of the greatest threats to our survival are sweeping epidemics that affect millions of individuals worldwide (Tarter, Blackson and Brigham et al., 2022). Drug addiction and abuse, although often regarded as a personality disorder, may also be seen as a worldwide epidemic with evolutionary genetic, physiological, and environmental influences controlling this behavior.

Globally, WHO (2020) the use of drugs and abuse of drugs has reached all-time highs. On average, drug popularity differs from nation to nation. The United Nations Office on Drugs and Crime identified major problem drugs has on each continent by analyzing treatment demand. From 1998 to 2002, Asia, Europe, and Australia showed major problems with opiate addiction and students in learning institutions were major targets of drug dealers causing disruption in

learning, South America predominantly was affected by cocaine addiction and abuse, and Africans were treated most often for the addiction to cannabis. Only in North America was drug addiction distributed relatively evenly between the use of opiates, cannabis, cocaine, amphetamines, and other narcotics. However, all types of drugs are consumed throughout each continent and have hitherto infiltrated school compounds with significant implication on children's learning outcomes. Interpol reported over 4000 tons of cannabis were seized in 2005, up 20% from 2002, with the largest seizures made in Southern Africa, the US, Mexico, and Western Europe. Almost 150 tons of cocaine is purchased each year throughout Europe and in 2010 opium production reached an estimated 15000 tons, the dramatic increase most likely due to a burst of poppy crops throughout Southwest Asia. This rapid increase in drug use has had tremendous global effects through abuse, and the World Health Organization (WHO) cited almost 200,000 drug-induced deaths alone in the year 2007.

The Lewin group for the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism (2011) estimated the total economic cost of problematic use and abuse of alcohol and drugs in the United States to be \$245.7 billion for the year 1992, of which \$97.7 billion was due to drug abuse. The White House Office of National Drug Control Policy (ONDCP) found that between 1988 and 1995, Americans spent \$57.3 billion on drugs, of which \$38 billion was on cocaine, \$9.6 billion was on heroin and \$7 billion was on marijuana and school students were part of the addicted lot.

A common belief is that psychotropic plant chemicals evolved recurrently throughout evolutionary history. Archaeological records indicate the presence of psychotropic plants and drug use in ancient civilizations as far back as early hominid species about 200 million years ago. Roughly 13,000 years ago, the inhabitants of Timor commonly used betel nut (*Areca catechu*), as did those in Thailand around 10,700 years ago. At the beginning of European colonialism, and perhaps for 40,000 years before that, Australian aborigines used nicotine from two different indigenous sources: pituri plant (*Duboisia hopwoodii*) and *Nicotiana gossel*. North and South Americans also used nicotine from their indigenous plants *N. tabacum* and *N. rustica* claiming that it improve mental reasoning (Tarter, Blackson and Brigham et al., 2012)

Ethiopians and Northern Africans were documented as having used an ephedrine-analog, khat (*Catha edulis*), before European colonization. Cocaine (*Erythroxylum coca*) was taken by

Ecuadorians about 5,000 years ago and by the indigenous people of the western Andes almost 7,000 years ago. The substances were popularly administered through the buccal cavity within the cheek. Nicotine, cocaine, and ephedrine sources were first mixed with an alkali substance, most often wood or lime ash, creating a free base to facilitate diffusion of the drug into the blood stream. Alkali paraphernalia have been found throughout these regions and documented within the archaeological record. Although the buccal method is believed to be most standard method of drug administration, inhabitants of the Americas attending elementary schools may have also administered substances nasally, rectally, and by smoking and is one reason elementary schooling in ancient America failed.

On the African scale, Tarter, Blackson and Brigham et al., (2012) opined that among the different approaches for diagnosis, prevention, and treatment of drug addiction, exploring the evolutionary basis of addiction would provide us with better understanding since evolution, personality, behavior and drug abuse are tightly interlinked. It is was the duty as scientists to explore the evolutionary basis and origins of drug addiction so as to uncover the underlying causes rather than continuing to solely focus on the physiological signs and global activity and impact of this epidemic to schooling and families. Too often the treatment of addiction simply works to alleviate the symptoms of addiction, dealing with overcoming the physiological dependence and working through withdrawal symptoms as the body readjusts to a non-dependent state of homeostasis. However, both biological and social scientists have only concentrated on this aspect of addiction and abuse without considering global treatments and preventative programs and mechanism to address the vice among students in order to improve academic performance. What we have not taken into consideration is that it is not purely the physiology of addiction and abuse we are battling but the entire chain of drug production.

In Uganda, the Ministry of health (MoH) 2023 argued that people's behavior is mediated primarily by dopaminergic and serotonergic systems, both of traditional origins probably evolving before the phylogenetic splits of vertebrates and invertebrates. Problematic use of drugs by students in the country according to the Ministry of Education and Sports (2014) has developed into addiction and abuse as the student's brain becomes dependent on the chemical neural homeostatic circuitry altered by the drug significantly contributing to poor academic performance. No matter the theory of drug addiction, there remains one constant: withdrawal is

inevitable. As a drug is administered continuously and an individual becomes addicted, the brain becomes dependent on the presence of the drug.

The use of drugs among the youths in Mbale city has become a growing concern in recent years. Drugs mostly used by predominate youths include cannabis, khat, tobacco, heroin, cocaine and alcohol. The use of drugs does not only affect the health and wellbeing of individuals but also has wider societal implications. Understanding the effects of drugs on the youth population in Mbale city is crucial for developing effective prevention and intervention strategies.

1.2 Problem statement

The surge in drug abuse among the youths in Mbale city will present the complex societal challenge, with various far reaching implications for individual well-being and community dynamics. This study aims to comprehensively investigate the complex effects of drug use on the health of youths in Eastern division of Mbale City.

If the situation is not arrested, the level of youths empowerment will go down, the trust in schools held by parents will vanish yet the products of the education system will be incompetent. As a way of dealing with the issue, government has ensured timely pay for teachers, supervision and facilitation of schools as well as paying student's fees at schools under the USE program. But all this has been to no avail.

Ideally, learners are expected to participate actively in the teaching–learning processes, complete their assignments in time, have quality assignments presented, post good grades in tests and examinations, attend all lessons and participate in school activities among others. However, what is happening in secondary schools in Mbale Municipality today is a case of deteriorating Standards of Academic Performance. Students today are known of absenteeism, passiveness in lessons, failure to complete their assignments in time coupled with poor quality output in terms of assignments as well as poor grades in their tests and examinations.

Many educationists and stakeholders in the education system point to the issue of drug abuse as being crucial to transformation of learner's academic performance. This is in view of health, psychological and socio-emotional factors. Despite this belief and obsession, with drug abuse, its influence on academic performance is not well documented. Researchers like Mwiti (2023) have researched on staff training and academic performance of students, Mwiti's major interest was

on the influence of staff training and the academic performance of students not drug abuse on youths livelihood

By analyzing the root causes, patterns and consequences of youth drug use, this research seeks the urgent need for comprehensive strategies encompassing prevention, education, treatment, and harm reduction approaches to mitigate the effects of drug abuse among youths in Eastern division of Mbale City.

1.3 General Objective

To assess the effects of drug abuse on youth's livelihoods in Eastern division in Mbale city

1.3.1. Specific objectives

- a) To examine the physical health implications of drug abuse on the youth's livelihoods in Eastern Division of Mbale City.
- b) To investigate the mental health effects associated with drug abuse on the youths livelihoods in Eastern Division of Mbale City.
- c) To analyze the health risks resulting from drug abuse on youth livelihood in Eastern Division of Mbale city.

1.3.2 Research questions

- 1. What are the physical health implications of drug abuse on the youth in Eastern Division of Mbale City?
- 2. What is the mental health effect associated with drug abuse on the youths in Eastern Division of Mbale City?
- 3. Which health risks result from drug abuse to the youth in Eastern Division of Mbale City?

1.5. Significance of the study

The study may be significant in the following ways

Community health improvement. The study may foster the understanding of the specific consequences of drug abuse to enable the development of targeted health interventions to mitigate mental health risks among the youths.

Policy formulation. This study may inform evidence-based policies aimed at regulating substance use and address unique challenges and preventive measures to promote a safe and more supportive environment

By addressing mental health effects of drug abuse, the study may contribute to enhancement of community resilience, empowering youths in Mbale city to overcome challenges related to drug abuse

The study may raise awareness about the gravity of youths involvement drug abuse in Mbale city ,fostering a collective responsibility to address the issue and reducing stigmas associated with the use of drugs

1.6 Justification of the study

Public health concern. The study is justified to pressing public health concern posed by the increasing rates of drugs abuse among the youths in Namakwekwe ward, Eastern division in Mbale city. Understanding the effects is crucial for developing the interventions that will safe guard the well-being of the community.

Conducting this study is justified by its potential to inform evidence based policies that can regulate and control drugs abuse among the youths in Namakwekwe ward contributing to a safer and secure community.

Youth empowerment. Understanding the effects of drug abuse on the Health of the youths justifies the study as it will enable the development of targeted government programs and interventions that empower the young individuals to make informed choices about health and well being

This study is also justified by its potential to identify risk factors and preventive measures, contributing to the design of proactive strategies that reduce the likelihood of youth initiation into the use of drugs

By investigating about the effects of the use of drugs abuse the study is justified in contributing to the enhancement of community resilience and insights gained can help build support systems that assist youths in overcoming challenges associated with drug abuse

1.7 Scope of the study

1.7.1 Content scope

The study was restricted to the Effect of drug abuse on the youth livelihoods in northern Division, mbale city. It was further guided by the study objectives of examining the physical health implications of drug abuse on the youth's livelihoods in Eastern Division of Mbale City, investigating on the mental health effects associated with drug abuse on the youths livelihoods in Eastern Division of Mbale City and analyzing of the health risks resulting from drug abuse on youth livelihood in Eastern Division of Mbale city.

1.7.2 Geographical scope;

This study was carried out in Northern City Division, Mbale City .The NDLGC was formed in 2018 following decentralization policy (2018) where the council is the head of local administrative structures, which attracts policies and recommendation for implementation. Its bordered by Industrial City Division on the west, former wanale division on the East, Namanyonyi sub-county by North and Nakaloke sub-county by its southern hemispheres

Northern Division Local Council being one of the three Divisions in Mbale CITY (MM) is found in Mugisu cell opposite Namakwekwe primary school and it's made up of 5 wards and 36 cells. And these include Nabuyonga which comprises of Sebei, Bawalasi, Nambozo, Hygiene Buwomjo, Gangama, Bujoloto, Wanambwa, and senkulu cell. North central comprises of hospital, Clock tower, Duka, No rth road, Byazala, Uhuru, Pesa and Nkonkojeru, cell. Namakwewe comprises of Kachumbala, Gudoi, Magisu mission, Bufumbo, Nabigyo, Link road and kiteso cell. IUIU ward comprises of staff, Shelton and Northern cell in total as indicated in the table.

1.7.3 Time scope

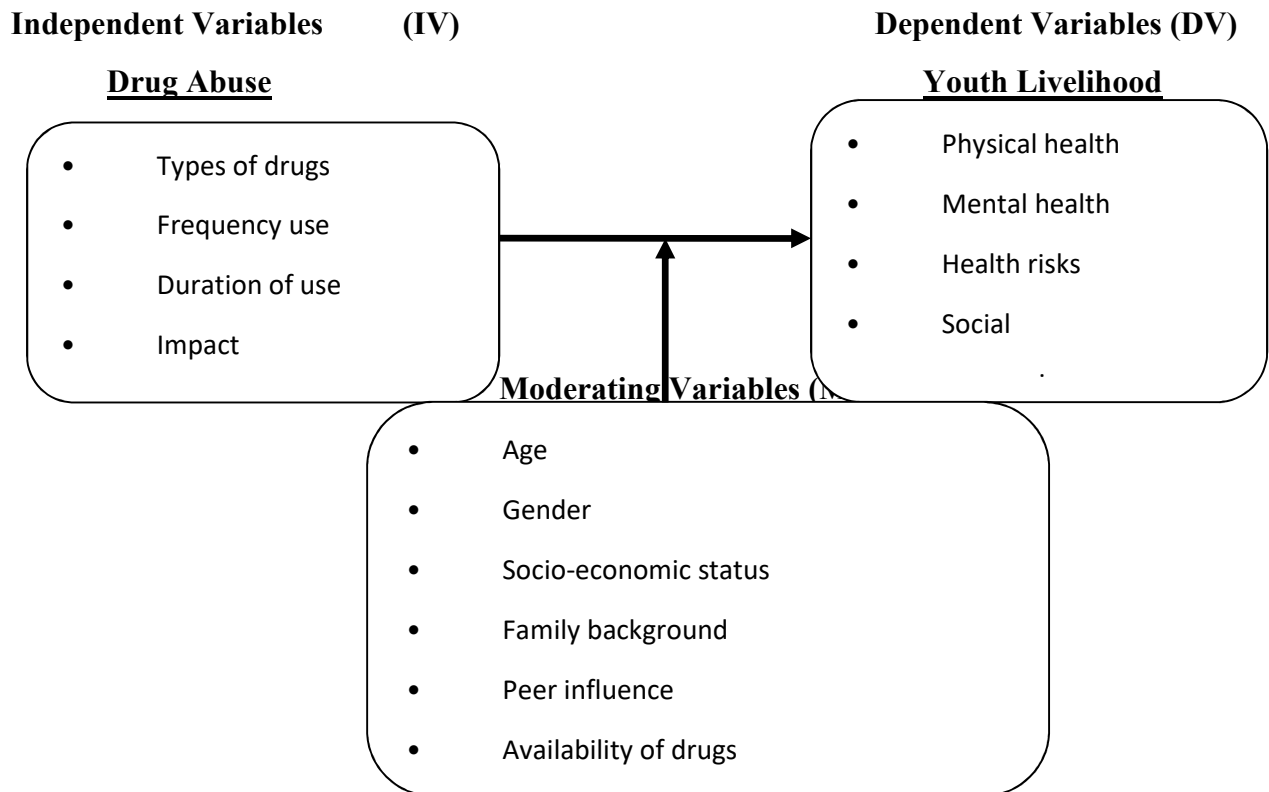
For the study to be successful, the period between (2023- 2015) was considered for this study because it's during this period that there has been too much population growth, low education and health status which has affected the economic and social welfare of rural women in Western division Northern City Division

1.8 Conceptual framework

By employing this conceptual framework, the study aims to provide a comprehensive understanding of the effects of drug abuse on the youths in Namakwekwe ward, Eastern division Mbale city, informing targeted interventions and contributing to the overall well-being of the community.

1.9 Conceptual Frame work

Figure 1: Conceptual framework of the study



Source: From the researchers model, (2024)

CHAPTER TWO

LITTERATURE REVIEW

2.0 Introduction

This chapter presents the review of the past literature related to the area under investigation. It will look at the definition of key terms, specific objectives and conclusions. The review has been conducted according to objectives of the research study as laid below

2.1 Definition of Key Terms

Youths

These are individuals within the age range specified for this study typically between 15 and 24 years old

Drug Abuse

The excessive and harmful use of drugs, including illicit drugs, prescription medications and illegal substances like alcohol and nicotine.

Prevalence.

2.2 Physical health implications of drug abuse on the youth's livelihoods in Eastern Division of Mbale City.

Drug abuse is widely recognized as a significant cause of morbidity and mortality among young individuals. Various factors have been identified as influencing non-medical drug use. This behavior is particularly prevalent in areas affected by natural disasters or armed conflicts, leading to displacement of populations (Horyniak, Melo, Farrell, Ojeda, &Strathdee, 2016; UNODC, 2014). Drug abuse is responsible for 5.9% of global fatalities and an estimated 5.1% of the global burden of illness and injury (Horyniak et al., 2016; WHO, 2014).

According to the United Nations, in 2014, nearly one in every 20 individuals between the ages of 15 and 64 worldwide were confirmed drug users (WHO/UNODC, 2018). The negative health effects of drug abuse are well-documented, causing cognitive, behavioral, physiological, and psychological dysfunctions among addicted youth, among other issues (Muganga et al., 2017; Nguyen-Louie et al., 2015; WHO/UNODC, 2018).

Drug abuse has become a subject of academic and policy interest globally, as it has emerged as a significant public health concern with increasing morbidity, mortality, and prevalence over the past few decades (UNODC, 2022; Ventura, de Souza, Hayashida, & Ferreira, 2015). The projected global burden of disease categorizes drug abuse among the top three leading causes of death worldwide. Addressing the issue of drug abuse requires context-specific information on the underlying factors to develop effective interventions (Tsvetkova&Antonova, 2013; Turn Bridge, 2021; UNODC, 2022).

To better understand the factors influencing youth drug abuse, this review acknowledges that no single factor contradicts another, as each was assessed with sufficient scrutiny. Consequently, the review examines the factors that influence drug abuse among young individuals and offers recommendations for curtailing this problem. The findings will provide researchers, policymakers, and decision-makers with practical solutions for drug abuse prevention and control

Degenhardt, L., et al. (2019): Provides a comprehensive global overview of the burden of disease attributable to drug use, highlighting the significant health, social, and economic impacts, which can be applied to understand the situation in Mbale City. Fergusson, D.M., & Boden, J.M. (2008): Discusses the longitudinal impacts of cannabis use on educational achievement, which can offer insights into how drug use may affect the youth in Mbale. Hawkins, J.D., Catalano, R.F., & Miller, J.Y. (1992): Focuses on the risk and protective factors for alcohol and other drug problems, which can inform prevention strategies in Mbale City. Khantzian, E.J. (1997): The self-medication hypothesis can help understand the psychological motivations behind drug use among the youth in Mbale. Stevens, A. (2019): Critiques the criminalization of drug use and suggests harm reduction approaches, which can be relevant for policy considerations in Mbale City. Squeglia, L.M., Jacobus, J., & Tapert, S.F. (2009): Examines the impact of substance use on

adolescent brain development, providing a basis for understanding the long-term effects on Mbale's youth

Recent studies have highlighted an increasing trend in substance use among Ugandan youths, raising concerns about public health and social stability (Kasirye&Nakato, 2022). This paper aims to explore the prevalence, causes, and effects of drug use among youths in Uganda, drawing on existing literature and reports.

The National Authority on Drug Abuse (NADA) reports that marijuana and alcohol are the most commonly abused substances among Ugandan youths, with approximately 30% of youths between the ages of 15 and 24 having experimented with at least one form of illegal drug (NADA, 2023). Inhalants and prescription drugs are also noted for their rising usage in urban areas (Mukasa et al., 2023).

Socio-economic challenges, including poverty and unemployment, have been identified as significant factors contributing to drug use among Ugandan youths (Ochen et al., 2021). Peer pressure and family background are also influential, with a notable correlation between family substance abuse history and youth drug use (Abebe&Tumwesigye, 2022).

2.3 Mental health effects associated with drug abuse on the youths livelihoods

The impact of drug use on Ugandan youths extends to health problems, such as increased risk for HIV/AIDS and mental health disorders (Kagimu et al., 2022). Furthermore, academic performance and future employment prospects are adversely affected, perpetuating a cycle of poverty and marginalization (Nakimuli&Ssewanyana, 2023).

Responses and Interventions

Government and non-governmental organizations (NGOs) in Uganda have initiated several programs aimed at reducing drug use among youths. These include educational campaigns, rehabilitation services, and community outreach programs (Ministry of Health, 2023). Despite these efforts, challenges remain in terms of reach and effectiveness, highlighting the need for a more integrated approach (Lutalo, 2024).

Educational Disruption: Drug use among youths often correlates with poor academic performance, higher dropout rates, and decreased participation in school activities, limiting future employment opportunities and perpetuating cycles of poverty (Fergusson & Boden, 2008).

Tarter, Blackson and Brigham et al. (2012) opined that drug addiction in South Africa is such a difficult disease among students to overcome because drug abuse actually changes the brain. Drugs produce a sensation of pleasure because of how they act in the brain. Whether directly or indirectly, drugs if abused target and activate the reward system in the brain limiting student's ability to reason and concentrate academically. They cause a neurotransmitter called dopamine to be released in large quantities, triggering an extreme sensation of pleasure or euphoria.

Further, Tarter, Blackson and Brigham et al. (2012) argued that drugs over stimulate the part of the brain that naturally produces pleasure and rewards a person for doing something positive, like socializing or hugging a loved one. However, the National Institute on Drug Abuse (NIDA, 2014) contrary to Tarter, Blackson and Brigham et al findings argued that teachers have negative attitudes towards their work and students, their classroom management tactics is not learner centered, and their lack of interaction with students creates room for student to involve in negative behavior like drug misuse which has a great negative impact on the academic achievement and student retention in schools. The current study will thus find out whether students who abuse drugs are responsible for their fate.

The Ministry of Health (MoH, 2015) argued that these increase in dopamine levels is what cause a student to develop a tolerance to a drug in Uganda and the need to take more and more of a substance just to get a normal or elevated sense of pleasure. How drugs impact the brain is complicated and involves more than just dopamine. The brain's attempt to compensate for that causes changes to how a person thinks, making it more difficult to think and learn. Also, changes in memory. Drug abuse among students causes changes in memory and learning, actually conditioning a person to crave and use drugs. Cues in a student's environment act as triggers that make them crave and want a drug reflexively as opposed to academics.

However, Tarter R, Blackson T, Brigham J, et al. (2012) opined that drug tolerance normally occurs due to weak school teaching and management systems not cues in a student's

environment that act as triggers that make them crave and want a drug reflexively. Teaching methods like grading, classroom ability grouping, inquiry and student leadership as well as use of manipulation are not effectively used and yet they are vital in monitoring student behavior, other involves the use if high modern technology and devises like audio visual animation and focus. These methods enhance learning standards and directly increase the level of IQ among learners including improving on discipline matters thus if properly employed by teachers will significantly accelerate good performance and help reduce drug addictions and tolerance. The current study will thus investigate whether drug tolerance normally occurs due to weak school teaching and management systems notcues in a student's environment that act as triggers that make them crave and want a drug reflexively

Okiiris and Okiidi (2011) argued that drug abuse among students in secondary schools in Eastern Ugandaleads to changes in brain connections which also negatively affect academic concentration and poor UCE results from 2010-2016. Okiiris and Okiidi opined that it is not just the reward system in the brain that is affected by drug use. Over time, drug abuse changes other areas of the brain too, actually making physical changes to the connections between neurons, or brain cells. Many drugs are actually toxic, and they can kill brain cells affecting student's intellectual reasoning and learning leading to poor academic performance. While substance abuse does trigger lasting changes in the brain, there is hope.

Contrary to Okiiris and Okiidi's findings, however, Hutchism (2011) cited that the issue of **drug** abuse among students and its relationship to brain connections are minor noting that lack of institutional reforms by schools are to blame. Two major strategies can be used address challenges of drug abuse; getting all students in school and providing better institutions and more incentives for both teachers and students.

The first strategy entails overcoming both demand and supply side constraints to enrollment, learning and retention. The second requires successfully addressing serious and pervasive institutional short comings, many of which are linked to dysfunctional incentives for teachers. These measures will help to craft approaches and solutions that will curtail down drug abuse in schools and improve academic performance.

The current study will find out whether the issue of drug abuse among students and its relationship to brain connections are minor and whether lack of institutional reforms by schools are to blame for existence of drug abuse and poor academic performance.

Family and Social Relationships: Substance abuse can strain familial relationships, leading to conflict, breakdown in communication, and potential domestic violence. Peer relationships may also be affected, with youths gravitating towards peer groups that reinforce drug use behaviors (Hawkins, Catalano, & Miller, 1992).

Economic Burden: The economic impact includes both direct costs related to healthcare and legal systems and indirect costs such as lost productivity and unemployment. For cities like Mbale, where economic resources are already strained, the economic burden of drug use can be significant (Degenhardt et al., 2019).

Legal Issues: Youths involved in drug use may face legal challenges, including arrest, detention, and criminal records, which can further limit their future opportunities. The criminalization of drug use can also lead to overcrowding in the penal system and divert resources away from prevention and treatment (Stevens, 2019).

Physical Health Consequences: Drug use among youths can lead to a variety of negative physical health outcomes, including but not limited to, respiratory problems, cardiovascular diseases, and increased vulnerability to infectious diseases such as HIV/AIDS and hepatitis due to risky injection practices (Degenhardt et al., 2019). Substance abuse can also exacerbate malnutrition, a significant concern in developing regions.

2.4 Health risks resulting from drug abuse

Substance use has been strongly linked to mental health disorders, including depression, anxiety, and psychosis. The self-medication hypothesis suggests that youths may use drugs as a coping mechanism for pre-existing mental health issues, which can, in turn, worsen these conditions (Khantzian, 1997; Squeglia, Jacobus, & Tapert, 2019).

National Institute on Alcohol Abuse and Alcoholism (NIAAA, 2021) opined that drug addiction and abuse in Zambia is thought of as an adjunctive behavior, or a subordinate behavior catalyzed by deeper, more significant psychological and biological stimuli. It is not just a pharmacological reaction to a chemical but a mode of compensation for a decrease in Darwinian fitness. There are

three main components involved in substance addiction by students in Zambian schools: developmental attachment, pharmacological mechanism, and social phylogeny including social inequality, dominance, and social dependence.

These factors combined with the influence of social phylogeny create a position for predisposition to drug addiction resulting into high school absences, poor academic performances and eventual dropout. However, Tarter, Blackson, and Brigham et al. (2012) opined that drug abuse is not as a result of adjunctive behavior but lack of teachers at schools, teacher's absenteeism and weak administrative arrangements in schools is likely to increase pupil absenteeism and thus adopting negative behaviors like drug abuse which affect academic performance.

In addition to addiction risks, Daley and Douaihy (2010) opined that alcohol poses a serious risk to the psychological health and growth of teen students in USA schools. Daley and Douaihy studies have shown that excessive drinking in teens can result into lower bone mineral density. In addition to the physical risks of teen drinking and drug abuse, there are many other consequences that could haunt teens well into adulthood. Because substance abuse can lead to muddy reasoning and encourage rash decisions, there are many side effects of substance abuse that go far beyond the biological and physiological aspects. Some of these include: Criminal records that cannot be expunged including vandalizing school property, car accidents and sexually transmitted diseases.

However, Nunes, Weissman and Goldstein et al. (2008) argued that learning institutions are characterized by poor teacher quality due to limited training and this has given room for students to engage in other bad things which gravely affected the Academic performance of students.

In relation to the above, Nunes, Weissman and Goldstein et al. (2008) argued that the principal effort to reform teacher training are being led by the National Commission on Teaching and America's Future (NCTAF). The NCTAF is aggressively urging policy makers at the state level to adopt the training standards set by the National Council for the Accreditation of Teacher Education (NCATE); the teacher licensure standards set by the Interstate New Teacher Assessment and Support Consortium (INTASC, a group working under the auspices of the Council of Chief State School Officers); and the advanced teacher certification standards set by the National Board of Professional Teaching Standards (NBPTS).

This entire initiative is premised on the idea that the chief problems affecting student learning is not drug abuse but teacher quality, insufficient numbers of fully trained teachers, insufficient training for teachers, insufficient regulation, and inadequate standards. The current study will thus investigate whether it is drug abuse nor teacher quality that contributes to poor academic performance of students.

Glasdamet *al.* (2012) opines that the level of psychological anxiety among students who abuse drugs is dependent on variables such as gender, age, family development cycle. Among male students, drug anxiety is one of the major psychological problems, estimated to occur in 10-50% of drug abusers. This information is important because as in the case of other disorders, including anxiety levels coupled reactions is determined by the reaction of the addicted student.

Segrinet *al* (2011) argued that students in Kilimanjaro province of Tanzania who abused drugs were showing higher levels of psychological anxiety as a response to their behavior. Anxiety among the family of drug addicted student was positively associated with depression, distress, sense of mental and physical fatigue, and negative coping with the abuse. However, Nunes, Weissman and Goldstein et al. (2008) opines that attempts reform to address drug abuse as a discipline matter by school authorities has failed. School managements do not promote students' deep approaches to learning and leads to inappropriate assessment of their performance as negative behavior leike drug abuse lacks clear control.

In support of Nunes, Weissman and Goldstein findings, Masinjila, (2013) argued that school assessment has focused on testing of memorized facts without deep understanding of student social life and discipline. On the contrary, a student centered approach to teaching would have focused on assessing the acquisition of higher-order thinking processes, competencies and acceptable behavior. The current study will find out whether students who abused drugs were showing higher levels of psychological anxiety and whether attempts reform to address drug abuse as a discipline matter by school authorities has failed leading to poor academic performance.

WHO (2012) argued that in Caribbean, drug abuse impact the socio-psychological functioning of individual student and create a burden for society and learning institutions as well. These disorders contribute to medical or psychiatric conditions, disability, and death as a result of

accidents or diseases caused or worsened by substance use, or higher rates of suicidality, all of which affect society. Other social problems associated with SUDs include housing instability, homelessness, criminal behaviors (victim or perpetrator) and incarceration, the transmission of HIV due to drug use or high-risk sexual behaviors, and unemployment or dependence on welfare.

However, Onyango (2013) argued that WHO (2012) study was undertaken in Caribbean not in Uganda and therefore its findings cannot be implemented in Uganda whose regulations on drugs and educational policy are different from those of Caribbean. Thus the current study will find out whether drug abuse impacts the socio-psychological functioning of individual students and creates a burden for society and learning institutions.

Stanton and Shadish (2013) opined that in Kenya, drug abuse and addiction often occur alongside mental illness. This can be explained by the fact that the risk factors for both are similar, but there is also evidence that drug abuse can trigger, contribute to, or even worsen mental health conditions and students' ability to attend school regularly.

According to statistics, students who abuse drugs are twice as likely to struggle with mood disorders which are extremely detrimental to academic performance, like depression, or anxiety disorders. Drug abuse may trigger any mental illness or make any condition worse, but the most common and lasting mental health issues from drug abuse are anxiety and depression.

However, contrary to Stanton and Shadish's findings, Onyango (2014) opined that though drug abuse and addiction often occur alongside mental illness, school community systems create room for the rise of drug abuse since they lack rites of passage that guarantee good behavior and guide individual students' expectations. Thus the current study will find out whether drug abuse and addiction often occur alongside mental illness and whether community systems create room for the rise of drug abuse.

Mande (2008) argued that students in Uganda who abuse drugs or become addicted to drugs typically make decisions and do things or fail to do things that they otherwise wouldn't. These choices are not directly caused by drugs, but they are a result of drug abuse and addiction and

can have serious and lasting impacts on a student's educational life and opportunities. Other poor decisions someone may make while abusing drugs include having unprotected sex.

Drug abuse can lead to student dropping out of school, with lasting financial and psychological consequences. Trauma, assault, and injury from violence may also result from drug abuse and addiction. Relationships often suffer during periods of drug abuse, causing damage that is difficult to repair. However, Okiiri and Okiidi (2012) opined that the recognition that adolescent development and school culture are intimately tied means that schools have failed to meet to agree upon values and ethics they want to convey to their students to foster good behavior. The hallmark of a community-based rite of passage strategy which creates intentional, inclusive school community dialogues to address this important question of student abusing drugs is lacking. Thus the current study will find out whether drug abuse leads to rush decision making by addicted student leading poor learning outcomes.

Muhemeza (2013) opined that alcohol and drugs in most parts of Uganda can take a heavy toll on the human body. The same general statements can be made for both men and women about their long-term effects for example, both genders incur liver problems resulting from alcohol abuse, respiratory impairment and lung cancer as a consequence of smoking, and memory difficulties associated with the use of marijuana and without strict regulatory framework, drug abuse has penetrated school compound with lasting negative socio-psychological and academic impact to school children like neglect, failure and fads.

Women differ from men in the severity of the problems that develop from use of alcohol and drugs and in the amount of time between initial use and the development of physiological problems and if schooling, educational achievement may be worse for both gender (Greenfield 1996; Mucha et al. 2006). However, Mande (2013) argued that irrespective of problems associated with drug abuse among students like respiratory impairment and lung cancer as a consequence of smoking, and memory difficulties most schools lack rites of passage orientation for youth and school community does not involve in creating and supporting intentional environments that transmit essential values and ethics that guide and inform expectations for socially appropriate behaviors among student resulting into abuse of drugs and poor academic performance. Thus the current study will find out whether drug abuse leads liver problems

resulting from alcohol abuse, respiratory impairment and lung cancer as a consequence of smoking, and memory difficulties

In Botswana, girls who abuse substances have physiological consequences, health issues, and medical needs related to gynecology which has the potential to terminate schooling (Peters et al. 2003). Specifically, drugs and alcohol affect women's menstrual cycles, causing increased cramping and heavier or lighter periods. Female students sometimes use illicit drugs and alcohol as medication for cramping, body aches, and other discomforts associated with menstruation (Stevens and Estrada 1999).

On the other hand, girls who use heroin and methadone can experience amenorrhea leading them to believe that they are unable to conceive and misreading early signs of pregnancy as withdrawal symptoms from schooling. Subsequently, they are unaware that they are pregnant. However, (Abs et al. 2000) opined that the condition of school infrastructure, lack of textbooks and learning materials and class sizes all influence students to engage in drug abuse which deters their academic performance since lack of such facilities creates unfavorable learning environment.

Thus the current study will find out whether drug abuse leads girls who abuse substances have physiological consequences, health issues, and medical needs related to gynecology which has the potential to terminate schooling.

Substance Abuse and Mental Health Services Administration (SAMHSA, 2013) opined that the psychological effects of drug addiction come from the reason the user is addicted to drugs, as well as the changes that take place in the brain once a person becomes a drug addict. Initially, many people start using drugs to cope with stress or pain.

Combining drug substances that depress breathing, like opioids and sedatives, greatly increases the risk of a fatal overdose and reduced school attendance and leads to death. An effect of drug addiction is the creation of a cycle where anytime the user encounters stress or pain, they feel the need to use the drug and this makes school learning a milestone (SAMHSA, 2013). However, Nuwagaba (2014) argued that poverty not drug abuse significantly contributes to psychological problems of wild mood swings, depression, anxiety, paranoia, violence, Decrease in pleasure in everyday life and Complication of mental illness which makes them fail to attend school and earn good grades.

Thus the current study will find out whether poverty not drug abuse contributes to wild mood swings, depression, anxiety, paranoia, violence, Decrease in pleasure in everyday life and Complication of mental illness

2.5 Conclusion

Based on the review, pinpointing areas where current knowledge is lacking or contradictory, suggesting specific topics or questions for future research. This could include calling for more longitudinal studies, research focusing on under-studied populations, or evaluations of intervention strategies.

By addressing these objectives, the literature review will provide a solid foundation for understanding the scope and impact of drug use among youths in Mbale City, guiding policymakers, stakeholders, and researchers in developing targeted and effective solutions.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter describes the methodology that were used in the study and some of the areas that are covered include research design, area and population of the study, sample size, sampling techniques, research instruments, data quality control and data analysis as well as ethical issues in the study.

3.1 Research Design

The study used a mixed research approach (qualitative and quantitative). The researcher used descriptive research design to generate qualitative data and a case study design to generate quantitative data

3.2 Study Population

The population consisted of 50 youth, 20 health workers and 20 local leaders, totaling up to 90 persons. Youths are chosen to participate in this study because they are the beneficiaries of effected by drug abuse on while local leaders are selected because of their effort to control effect of effect of drug abuse on youth livelihoods and as a result, they have firsthand information regarding the effect of drug abuse on youth livelihoods. Additionally, health workers are chosen because they have relevant information given their experience in struggling to provide therapy and treatment services to the addicts as well as sensitization of the people on the dangers of drug and substance abuse on youth livelihoods. The study population is drawn from Eastern Division of Mbale City

3.3 Sample size

The total population (N) was estimated as 90 people and therefore the sample population was 69 persons using Krejcieand Morgan (1973) methods of determining sample size from the population.

Table : 1 Summary of the Sample Size and Sampling Technique

Respondents	Study Population (N)	Sample Size (n)	Sampling Technique
Youths	50	40	Simple random
Local leaders	20	10	Simple random
Health workers	20	19	Purposive sampling
Total	90	67	

Source: primary data, 2024

3.4 Sampling Techniques

The researcher used the following sampling techniques:

3.4.1 Simple random sampling

The researcher used simple random sampling to select respondents from local peoples' category. This technique involved giving a number to every subject or member of the accessible population, placing the numbers in the container and then picking any number at random. The subject corresponding to the numbers was then included in the sample. Simple random sampling enabled the researcher to get a representative sample for the research study and allowed generalizability to a larger population with a margin of error that is statistically determinable.

3.4.2 Purposive Random Sampling

Purposive sampling technique was used because some individuals in the population have special knowledge that makes them become "privileged" to participate for the purpose of the study. According to Kothari (2020) purposive sampling is a type of sampling where the researcher purposively chooses persons who, in his judgment about some appropriate characteristic required of the sample members are thought to be relevant to the research topic and are easily available. A purposive, or judgmental, sample was used because respondents in health workers and local leader's category were selected randomly based on the knowledge they have regarding the purpose of the study.

3.5 Research Instruments

The researcher used both questionnaires and interview guide.

3.5.1 Questionnaire

The researcher self-administered questionnaire as research tool to collect data from the local people and parents category. The questionnaire had three sections: Section A included the respondents' demographic information, Section B, C and D focused on the general and closed ended statements which were in accordance with the objectives of the study. The researcher got a

list of pupils selected through purposive sampling to which the questionnaires was administered to. The questionnaires were administered to teenagers and local people because it is easy to administer and collect back.

According to Fisher (2024), a questionnaire is used because it is easy to administer, not so expensive, and help to collect unbiased data. The nature of the questions were in form of structured and close ended questions where by a 5 Likert scale of measurement was on close ended questions based on a scale of strongly agree (5), agree (4), unsure (3), disagree (2), strongly disagree (1). A questionnaire was used because it allowed respondents to provide fist hand information which is free of bias and it is also easy to use

3.5.2 Interviews

Other data was collected using interviews with the help of interview guide. An interview guide is a research instrument that contains a set of questions on defined issues under study that are put to respondents on face to face basis (Saunders, et al, 2007). This instrument was also contained mostly open-ended questions. The interview guide was used on local leaders as respondents because this category of the study population may have more knowledge and firsthand information that could not be fully captured using questionnaires.

3.6 Data quality control

3.6.1 Validity

The validity of an instrument is defined as the ability of an instrument to measure what it is intended to measure. To establish the validity of the instruments, the researcher used expert judgement as recommended by Gay (1997) as the best method for ensuring validity. Thus the researcher ensured that the instrument is clear, relevant, specific and logically arranged. The validity of the questionnaire was tested using the content validity test (CVI). To arrive at the relevancy of the questionnaire, the researcher designed the instrument that yielded content –valid data by first specifying the domain of indicators that are relevant to the concept being measured. A content-valid data measure contained all possible items that were used in measuring the effect of drug abuse on youth livelihoods

$$CVI = \frac{R}{R+N+IR}$$

Where, Relevant (R), Neutral (N), to Irrelevant (IR).

3.6.2 Reliability

The reliability of the instruments was tested using the test re-test method of reliability and Cronbach alpha tests to determine the reliability index with the help of SPSS. Data was collected from 20 local people not among those in the sample. The principle of reliability as far as research instruments are concerned, is clearly put forward by Amin (2005), an instrument is reliable if it produces the same results wherever it is repeatedly used to measure a trait or a concept from the same population and under similar circumstances. In the case of reliability, the Cronbach Alpha coefficient method of internal consistency was used to calculate the reliability co-efficient of the questionnaire.

The formula was as follows:

$$\alpha = \frac{K-1}{K-1 - \frac{\sum SD_i^2}{SD^2}}$$

Where:

α = the alpha coefficient

$\sum SD_i^2$ = sum of the variance of individual items in the questionnaire

SD^2 = variance of entire questionnaire

K = number of items in the questionnaire.

Reliability of the questionnaire was found to be 0.911 therefore warranting the researcher to proceed.

3.6. Data collection procedure

The researcher selected and presented a research topic to the department of social sciences which was approved. Thereafter the researcher develops a research proposal. After approval of the research proposal, the researcher obtained an introductory letter from the Head of department which was presented to the relevant authorities in the study area for data collection. Thereafter the researcher wrote a report which was presented to the department for further examination

3.7 Data Processing and Analysis

3.7.1 Quantitative data analysis

Data processing was done through editing of the data which was coded for further data analysis. After data processing, quantitative data analysis was carried out by simple frequency tabulation using a Statistical Package for Social Science (SPSS). Data was presented using different methods such as simple frequency tables which ultimately helped to measure influence of socio-economic factors on teenage pregnancy. This is because data presentation requires clear portrayal of the findings presented, and the listed method above clearly fulfills that purpose.

3.7.2 Regression Analysis

Regression analysis was used because the researcher is interested in finding out whether the independent variable predicts the dependent variable. The researcher used simple regression to analyze the effect of drug abuse on economic development of then people. This type of inferential statistics is easy to compute and interpret and they also help in making conclusions. Descriptive statistical techniques (frequencies and percentages) were used to analyze field data from questionnaires to assist in the interpretation of data.

3.7.3 Qualitative data analysis

On the other hand, qualitative data gathered from open-ended questions in the interview guide will be summarized. A style called content analysis was used to test the validity and

authenticity. Content analysis is the analysis of data which is non-empirical. In qualitative data analysis, the researcher obtained detailed information about the effect of drug abuse on economic development of then people and try to pattern trends and relationship. Then data was coded and categorized according to the sub-themes identified earlier.

3.8 Ethical Considerations

3.8.1 Consent

The researcher sought approved consent from the respondents. Respondents willingly decided to participate in the study after the researcher explaining to them the purpose of the study which is purely academic. It was be possible that the researcher's views could influence the way the study findings would be documented thus creating an ethical dilemma of failure to present exactly what the study subjects would reveal in the course of the data collection. However, the prepared instruments helped the researcher to collect objective information hence fears of personal views was reduced.

3.8.2 Confidentiality

Respondents were assured of confidentiality by keeping information given confidential. Respondents' identity was kept anonymous or pseudo names were used. This increased disclosure of information as well as increasing respondents' willingness to participate in the study.

3.8.3 Fraud and plagiarism

Mugenda and Mugenda (2017) argued that fraud involves faking data. It also includes false presentation of research methodologies. On the other hand, plagiarism refers to owning another person's work by the researcher without acknowledging the author. According to copy rights law. In many countries including Uganda, both fraud and plagiarism are crime punishable by panel code. To avoid fraud and plagiarism, the researcher personally collected, analyzed and presented data and endeavored to present exactly what the study subject reveals. Where information is picked from another source, the author (copy right owner) was acknowledged.

3.9 Measure of Variability

The researcher used standard deviation and the variance to measure variability. Standard deviation involved subtracting the mean from each score to obtain the deviation. Deviation was squared and the sum be divided by the total degree of freedom. Variance helped to determine whether the scores are close or speed out and the following formula was used.

$$S^2 = \frac{\sum(X_1 - X)^2}{n - 1}$$

n - 1

Where S^2 = Sample variance

S = Sample standard deviation

X₁ = each value or score

X = Sample means

n = Sample size

n - 1 = Degree of freedom

CHAPTER FOUR

PRESENTATION, ANALYSIS, AND INTERPRETATION OF FINDINGS

4.0 Introduction

This chapter presents information on data presentation, analysis and interpretation which based on the objectives of the research study

4.1 Response Rate

This was found out as $69/80 \times 100 = 86.25$

4.2 Demographic data of respondents

4.2.1 Sex of the respondents

Table 4.2.1- Sex of the respondents

Sex of Respondents					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	32	46.4	47.8	47.8
	Female	35	50.7	52.2	100.0
	Total	67	97.1	100.0	
Missing	System	2	2.9		
Total		69	100.0		

Source: field data, 2024

From table 4.2.1, majority of the respondents 50.7% were females and 46.4% were males. Here, the researcher did not consider gender balance simply because females are subjected to and play a big role within the household relation than men.

4.2.2 Age of the respondents

Table 4.2.2- Age of the respondents

Age of Respondents					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20 - 30 yrs	34	49.3	52.3	52.3
	31 - 40 yrs	14	20.3	21.5	73.8

	41 - 50 yrs	12	17.4	18.5	92.3
	51 - 60 yrs	2	2.9	3.1	95.4
	Above 61 yrs	3	4.3	4.6	100.0
	Total	65	94.2	100.0	
Missing	System	4	5.8		
Total		69	100.0		

Source: field data, 2024

As in table 4.2.2 above, it was clearly indicated that the majority of respondents 49.3% were aged between 20-30 years. Followed by those whose age group range from 31-40 years at 20.3% (those in the age brackets of 41-50 years constituted 17.4% of the total percentage; those in the age bracket 51-60 years were 2.9% and those in the age bracket of above 61 were in the rank occupying 4.3% These findings therefore implied that majority of participants were youths in the age bracket ranging from 20- 30 years.

4.2.3 Education level of the respondents

Table 4.2.3 - Education level of the respondents

Education Level					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Certificate	28	41	41	23.2

	Diploma	16	23	23	46.4
	Degree	23	33	33	79.7
	Masters and above	02	3	3	94.2
	Total	69	100	100	

Source: field data, 2024

From table 4.2.3 above, it was clearly seen that 23.2% of the respondents had certificates just like those who had diplomas, a good number of respondents had college degrees with 33.3% and few with masters at 14% These indicates that majority of respondents in northern division are somehow educated.

4.2.4 Marital status of the respondent

Under this section, respondents were asked to mention their marital statuses and their responses were tabulated as follows

Table 4.2.4 - Marital status of the respondents

Marital Status					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	29	42.0	42.0	42.0
	Married	23	33.3	33.3	75.4
	Separated	11	15.9	15.9	91.3

	Windowed	5	7.2	7.2	98.6
	Others	1	1.4	1.4	100.0
	Total	69	100.0	100.0	

Source: field data, 2024

From table 4.2.4 above, it was clearly seen that majority of respondents 40.2% were single, 33.3% were married while 15.9 of the respondents had separated. Only 7.2% of the respondents were windowed whereas 1.4% did not disclose her status. This alone makes this information valid for this particular study.

4.2.5 Religious affiliation of the respondents

Table 4.2.5 - Religious affiliation of the respondents

Religious Affiliation					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Anglican	22	31.9	31.9	31.9
	Catholic	20	29.0	29.0	60.9

	Pentecostal	10	14.5	14.5	75.4
	Muslim	14	20.3	20.3	95.7
	Others	3	4.3	4.3	100.0
	Total	69	100.0	100.0	

Source: field data, 2024

From table 4.2.5 above, it was found out that 31.9% of respondents were Anglicans, 29.0% were Catholics, and 14.5% were Pentecostals, 20.3% while only 4.3% belong to other religious affiliations.

4.3 Physical health implications of drugs on youth livelihoods

The first objective in this study was to establish physical health implications of drugs on the youth's livelihoods. The findings from respondent's opinion accompanying variables under this objective were summarized as follows:

Table 4.3- Showing physical health implications of drugs on the youth's livelihoods

Descriptive Statistics												
ITEM	SD		D (%)		NS (%)		A (%)		SA (%)		Mean	Std. Dev.
	F(x)	%	F(x)	%	F(x)	%	F(x)	%	F(x)	%		
Drug abuse results into livelihood neglect by youth	33	48	16	23	7	13	5	7	6	9	3.73	1.149

Drug abuse leads to eating and sleeping disorders	15	22	6	11	38	55	5	7	4	5	3.81	1.055
Drug abuse leads to psychological distress among youth	11	16	11	16	8	12	20	29	16	27	2.98	1.462
Drug abuse creates grief among family members particularly youths	14	20	21	30	6	9	7	10	5	31	3.19	1.512
Creates physical body weakness of youths	7	10	5	7	12	17	26	40	18	26	3.63	1.245
Average Mean											3.54	

Source: Primary Data, 2024

Drug abuse results into livelihood neglect by youth

Table 4.3 above shows a summary of respondent opinion on the influence of physical health implications of drugs on the youth's livelihoods. The finding from respondent's opinion accompanying variables under this objective were discussed and explained as follows;

From the above table, 7% of the respondents agreed that Drug abuse results into livelihood neglect by youth. While 9% of the respondents strongly agreed and 11% of respondents were neutral (neither agree nor disagree). On the other hand, majority of respondents strongly disagreed 48% with the statement while 23% of respondents disagreed. The findings therefore indicate that drug abuse results into livelihood neglect by youth

Drug abuse leads to eating and sleeping disorders

In reference to table 4.3, it was noted that 7% of the respondents agreed that drug abuse leads to eating and sleeping disorders and 5% of the respondents strongly agreed, while majority of respondents at 55% were neutral (neither agreed nor disagreed). Contrary to the statement, 9% of respondents disagreed while only 22% of respondents strongly disagreed with the statement.

The above finding clearly shows that since majority of respondents were strongly disagreed, it is therefore clear that drug abuse leads to eating and sleeping disorders with similar information collected from interviews.

Drug abuse leads to psychological distress among youth

On whether drug abuse leads to psychological distress among youth, that majority of respondents at 29% agreed, only 27% strongly agreed, while 12% were indifferent (neither agreed nor disagreed). Same number of respondents disagreed (16%) just as those who strongly disagreed.

The above finding shows that drug abuse leads to psychological distress among youth as those who agreed constitute the majority. Data collected from interviews also show that drug abuse leads to psychological distress among youth which affect their livelihoods

Drug abuse creates grief among family members particularly youths

From Table 4.3, majority of respondents with 30% disagreed that drug abuse creates grief among family members particularly youths. 20% strongly disagreed while 9% were neutral. On the other hand, 10% of respondents agreed whereas 31% strongly agreed with the statement.

This finding therefore means that drug abuse creates grief among family members particularly youths. This was in line with what was discovered from face to face interview where it also noted that drug abuse creates grief among family members particularly youths.

Creates physical body weakness of youths

Respondents were also asked to give their opinions on whether creates physical body weakness of youths. In fact majority of respondents 40% agreed, 26% of respondents strongly agreed, while 17% had indifference responses to the statement. Only 7% of respondents disagreed, while 10% strongly disagreed.

It should therefore be noted that creates physical body weakness of youths. Even data collected from interviews show that creates physical body weakness of youths

From table 4.3, the average mean was found to be 3.54 and basing on the legend above, it meant that creates physical body weakness of youths. This was at some point in agreement with the data collected from face to face interviews.

4.4 Mental health effects associated with drugs on the youths livelihoods

The second objective in this study was to investigate the influence of mental health effects associated with drugs on the youth’s livelihoods. The findings from respondent’s opinion accompanying variables under this objective were summarized as follows:

Table 4.4- showing mental health effects associated with drugs on the youths livelihoods

Descriptive Statistics												
ITEM	SD		D		NS		A		SA		Mean	Std. Dev.
	F(x)	%	F(x)	%	F(x)	%	F(x)	%	F(x)	%		

Drug abuse affects reasoning and decision making and this lowers youth involvement in livelihoods	9	13	8	12	9	13	29	42	14	20	3.45	1.301
Cognitive problems reduces effective participation in youth livelihoods	9	13	4	6	21	30	26	41	7	10	3.39	1.128
Drug abuse leads to mental problems which reduces involvement in youth livelihoods	8	12	29	22	9	13	15	44	6	9	3.27	1.201
Drug leads to youth suicide which results into failure of livelihoods	9	13	7	10	4	6	17	25	28	46	3.60	1.309
Drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods	3	4	8	12	10	14	35	53	12	17	3.66	1.045
Average Mean											3.44	

Source: field data, 2024

Drug abuse affects reasoning and decision making and this lowers youth involvement in livelihoods

From table 4.4, majority of respondents 42% agreed on the view that Drug abuse affects reasoning and decision making and this lowers youth involvement in livelihoods . 20% strongly

agreed while 13% had their responses neutral (indifferent). 12% disagreed with the statement while 13% strongly disagreed. Since the majority of respondents agreed to the statement

It is therefore true that Drug abuse affects reasoning and decision making and this lowers youth involvement in livelihoods as majority of the respondents agreed. Additionally, data collected from interviews also show that Drug abuse affects reasoning and decision making and this lowers youth involvement in livelihoods

Cognitive problems reduces effective participation in youth livelihoods

As shown in the above table 4.4, 41% of the respondents agreed that cognitive problems reduce effective participation in youth livelihoods. Only 10% strongly agreed, while 30% were neutral (neither agreed nor disagreed). On the other hand, only 6% of respondents disagreed with the statement, while 13% of respondents strongly disagreed.

The above findings thus indicate that cognitive problems reduce effective participation in youth livelihoods. This was in agreement with the data collected from interviews where it was revealed that cognitive problems reduce effective participation in youth livelihoods

Drug abuse leads to mental problems which reduces involvement in youth livelihoods

In reference to table 4.4, 44% of the respondents agreed that drug abuse leads to mental problems which reduces involvement in youth livelihoods with 9% of the respondents strongly agreed while 13% were neutral (neither agreed nor disagreed). Contrary to the statement, majority of the respondents 22% disagreed while only 12% of respondents strongly disagreed with the statement.

Therefore as the majority disagreed (44%), drug abuse leads to mental problems which reduces involvement in youth livelihoods. Even during interviews, it was mentioned that drug abuse leads to mental problems which reduces involvement in youth livelihoods.

Drug leads to youth suicide which results into failure of livelihoods

Further, the researcher also intended to find out whether drug leads to youth suicide which results into failure of livelihoods, 25% of respondents agreed while 46% strongly agreed and

only 6% had their responses indifferent. On the other hand, only 10% of the respondents disagreed with the statement and 13% of the respondents strongly disagreed.

As the majority strongly agreed, it is therefore true that drug leads to youth suicide which results into failure of livelihoods with similar data collected from interviews indicating that drug leads to youth suicide which results into failure of livelihoods

Drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods

Results also indicate that co drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods as agreed by 53% of the respondents with 17% agreeing to the statement. Other respondents who constituted 14% had neutral responses and 12% disagreed with only 4% strongly disagreeing with the statement that drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods

Therefore, the above results indicate that drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods as agreed by 53% of the respondents. Study participants during interviews also mentioned that drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods

From table 4.4, the average mean was found to be 3.34 and basing on the legend above, it meant that drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods. This was in agreement with the data collected from face to face interviews where most respondents revealed that drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods

4.5 Effect of Health risks resulting from drugs on youth livelihoods

The third objective in this study was to find out the effect of health risks resulting from drugs to youth livelihoods. The findings from respondent's opinion accompanying variables under this objective were summarized as follows

Table 4.5 showing effect of Health risks resulting from drugs on youth livelihoods

Descriptive Statistics												
ITEM	SD		D		NS		A		SA		Mea n	Std. Dev.
	F (x)	%	F (x)	%	F (x)	%	F (x)	%	F (x)	%		
Results into emotional anger among youth negatively affect their livelihoods	7	10	15	22	30	9	11	16	5	43	3.16	1.167
Drug abuse creates worry among youth and tis lower their involvement in youth livelihood	6	9	37	10	10	14	14	57	4	10	3.46	1.049
Drug abuse results into emotional stress among youth and this affects their livelihoods	9	13	38	2	9	13	9	13	13	58	3.64	.980
Drug abuse creates fear and emotional distress among youth and this slows livelihood productivity	10	14	22	9	14	20	12	17	9	40	3.18	1.278

Drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods	2	3	14	20	21	37	14	20	14	20	2.63	1.140
Average Mean											3.37	

Source: field data, 2024

Drug abuse into emotional anger among youth negatively affects their livelihoods

From table 4.5, 16% of respondents agreed on the view that Drug abuse into emotional anger among youth negatively affects their livelihoods and 43% strongly agreed while majority of the respondents at 9% had their responses neutral to the statement. On the other hand, the study found out that 22% of respondents disagreed while 10% strongly disagreed with the statement.

The findings therefore imply Drug abuse into emotional anger among youth negatively affects their livelihoods as suggested by majority of respondents (43%). This is affirmed true according to the data collected from face to face interviews.

Drug abuse creates worry among youth and tis lower their involvement in youth livelihood

As shown in the above table 4.5, 57% (majority of respondents) agreed with 14% who had their responses neutral on the view that drug abuse creates worry among youth and tis lower their involvement in youth livelihood. Only 10% of respondents strongly agreed. On the other hand, those who disagreed with the statement were 10%, while 9% of respondents strongly disagreed to the statement that Drug abuse creates worry among youth and tis lower their involvement in youth livelihood

Therefore it is true that drug abuse creates worry among youth and tis lower their involvement in youth livelihood as the majority of the respondent disagreed with similar data collected during interviews.

Drug abuse results into emotional stress among youth and this affects their livelihoods

In reference to table 4.5, 13% of the respondents agreed that drug abuse results into emotional stress among youth and this affects their livelihoods. 58% of the respondents strongly agreed while 13% were neutral (neither agreed nor disagreed). Contrary to the statement, 2% of the respondents disagreed while only 13% of respondents strongly disagreed with the statement.

The above finding therefore show that drug abuse results into emotional stress among youth and this affects their livelihoods as majority of the respondents disagreed with the statement.

Drug abuse creates fear and emotional distress among youth and this slows livelihood productivity

The researcher also intended to find out whether drug abuse creates fear and emotional distress among youth and this slows livelihood productivity 17% of respondents agreed while 40% strongly agreed that drug abuse creates fear and emotional distress among youth and this slows livelihood productivity. On the other hand, only 9% of the respondents disagreed with the statement and 14% of the respondents strongly disagreed.

Therefore Drug abuse creates fear and emotional distress among youth and this slows livelihood productivity as majority of the respondents disagreed with similar data collected from interviews.

Drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods

From table 4.5, same number of respondents agreed with 20% just those who strongly agreed with the statement that drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods. Majority of respondents 37% had their responses indifferent to the statement. On the contrary, 20% of respondents disagreed while 9% strongly disagreed that drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods

The above finding therefore shows that school culture can influence teacher performance. Even information collected from interviews show that school culture can influence teacher performance.

From table 4.5, the average mean was found to be 3.37 and basing on the legend above, it meant that drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods This findings is supported by results from face to face interviews

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

This chapter presents the discussion, summary, conclusions and recommendations about the research study

5.2 Summary

The study found that drug abuse results into livelihood neglect by youth

Study findings revealed that drug abuse leads to eating and sleeping disorders

Drug abuse leads to psychological distress among youth and this was found out by the study

The study also found that drug abuse creates grief among family members particularly youths

Further, the study findings revealed that creates physical body weakness of youths

Findings of the stud show that drug abuse affect reasoning and decision making and this lowers youth involvement in livelihoods

Additionally, findings show that Cognitive problems reduces effective participation in youth livelihoods

The study found that drug abuse leads to mental problems which reduces involvement in youth livelihoods

Findings indicate that drug leads to youth suicide which results into failure of livelihoods

Study findings also revealed that drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods

The study found that results into emotional anger among youth negatively affect their livelihoods

Findings of the study show that drug abuse creates worry among youth and tis lower their involvement in youth livelihood

Drug abuse results into emotional stress among youth and this affects their livelihoods and this was revealed in the findings

Findings also revealed that drug abuse creates fear and emotional distress among youth and this slows livelihood productivity

Lastly, study findings show that drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods

5.3 Conclusions

5.3.1 Showing physical health implications of drugs on the youth's livelihoods

As revealed in the study findings, drug abuse results into livelihood neglect by youth

Drug abuse leads to eating and sleeping disorders and this was found by the study

As revealed in the findings, drug abuse leads to psychological distress among youth and this was found out by the study

It is true that drug abuse creates grief among family members particularly youths and this was revealed in the study findings

It is also true as according to the findings that creates physical body weakness of youths

5.3.2 Mental health effects associated with drugs on the youths livelihoods

As shown in study findings, drug abuse affect reasoning and decision making and this lowers youth involvement in livelihoods

Further, cognitive problems reduces effective participation in youth livelihoods and this was mentioned by study participants

As show in the findings, drug abuse leads to mental problems which reduces involvement in youth livelihoods

As findings indicate, drug leads to youth suicide which results into failure of livelihoods

Drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods and this was mentioned by study participants during data collection

5.3.3 Health risks resulting from drugs to the youths

Firstly, emotional anger among youth negatively affects their livelihoods as indicated in the findings of the study

Secondly, drug abuse creates worry among youth and tis lower their involvement in youth livelihood and this was mentioned in the study findings

Drug abuse results into emotional stress among youth and this affects their livelihoods and this was revealed in the findings

Drug abuse creates fear and emotional distress among youth and this slows livelihood productivity and this was clearly indicated in the study findings

It is also true that drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods

5.4 Recommendations

From the findings and conclusions of the research study, the following recommendations are made:

Drug abuse results into livelihood neglect by youth

Drug abuse creates grief among family members particularly youths

Creates physical body weakness of youths

Drug abuse leads to mental problems which reduces involvement in youth livelihoods

Drug leads to youth suicide which results into failure of livelihoods

Drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods

Drug abuse creates worry among youth and tis lower their involvement in youth livelihood

Drug abuse results into emotional stress among youth and this affects their livelihoods

55. Areas for further study

1. Analysis of the effect of NAADS program on household income a case study of mutoto sub county, mbale district
2. Contribution of youth livelihood program (YLP) on youth economic empowerment, in mutoto sub –county, mbale district

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APPENDICES

APPENDIX I : CONSENT LETTER

Bachelor of Social Work and Social Administration (Candidate)

RESEARCH PROJECT-UGANDA CHRISTIAN UNIVERSITY, MBALE

I am **AKELLO JANET JESCAH** a student of Uganda Christian University, currently undertaking a research on a topic ‘Effects of drugs on the youths livelihoods in Eastern division, Mbale City. You are privileged to participate in this research and your selection has been based on random sampling. Please feel free as you respond because the information you give will only be used for academics purposes, treated confidential and will be held anonymous before publication.

Thank you

.....

AKELLO JANET JESCAH

(Researcher)

APPENDIX II:

QUESTIONNAIRES FOR PUPILS OF UPPER CLASSES (P6 AND P7)

SECTION A

REPOUDENT’S BIO - DATA

INSTRUCTIONS

Please fill in the blank spaces or tick (✓) in the boxes provided where necessary

1. Name:(optional)

.....

2. Age:

3. Sex: Male Female

4. Marital status: Single Married Divorced Separated Widowed

5. Location:

Cell Parish Sub – county

6. Class:

P6 P7

.....
.....

7. Religion: Protestant Catholics Muslims Born again

Others (please specify).....

SECTION B: Physical health implications of drugs on the youth’s livelihoods

In a score of 1-5, please choose the most appropriate answer where 1- strongly disagree, 2- disagree, 3- agree, 4-strongly agree and 5 uncertain

Question Statements	1	2	3	4	5
Drug abuse results into livelihood neglect by youth					
Drug abuse leads to eating and sleeping disorders					
Drug abuse leads to psychological distress among youth					
Drug abuse creates grief among family members particularly					

youths					
Creates physical body weakness of youths					

SECTION C: Mental health effects associated with drugs on the youths livelihoods

In a score of 1-5, please choose the most appropriate answer where 1- Strongly Disagree, 2- Disagree, 3- Agree, 4-Strongly Agree and 5-Uncertain

Question statements	1	2	3	4	5
Attachment and interpersonal relationship problems affect youth livelihoods					
Cognitive problems reduces effective participation in youth livelihoods					
Drug abuse leads to mental problems which reduces involvement in youth livelihoods					
Drug leads to youth suicide which results into failure of livelihoods					
Drug abuse leads to alcohol and other drug use which lowers youth involvement in livelihoods					
Drug abuse leads to behavioral problems that affects productivity of youth livelihoods					

SECTION D: Health risks resulting from drugs to the youths

In a score of 1-5, please choose the most appropriate answer where 1- Strongly Disagree, 2- Disagree, 3- Agree, 4-Strongly Agree and 5-Uncertain

Question statements	1	2	3	4	5
Results into emotional anger among youth negatively affect their livelihoods					
Drug abuse creates worry among youth and tis lower their involvement in youth livelihood					

Drug abuse results into emotional stress among youth and this affects their livelihoods					
Drug abuse creates fear and emotional distress among youth and this slows livelihood productivity					
Drug abuse increases psychological pain for youth and this results into mental problems which discourages from development of livelihoods					

END

APPENDIX III: MORGAN TABLE

Morgan and Krejcie, (1970) and Amin's (2005) mathematical table for sample size determination

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	256	3000	341
20	19	120	92	300	169	900	269	3500	346
25	24	130	97	320	175	950	274	4000	351
30	28	140	103	340	181	1000	278	4500	354
35	32	150	108	360	186	1000	285	5000	357
40	36	160	113	380	191	1100	291	6000	361
45		170	118	400	196	1200	297	7000	364
50	44	180	123	420	201	1300	302	8000	367
55	48	190	127	440	205	1400	306	9000	368
60	52	200	132	460	210	1500	310	10000	370
65	56	210	136	480	214	1600	313	15000	375
70	59	220	140	500	217	1700	317	20000	377
75	63	230	144	550	226	1800	320	30000	379
80	66	240	148	600	234	1900	322	40000	380
85	70	250	152	650	242	2200	327	50000	381
90	73	260	155	700	248	2400	331	75000	382
95	76	270	159	750	254	2600	335	100000	384

Source: Adopted from R.V.Krejcie and D.W.Morgan, (1970), determining sample size for research activities. Educational and psychological measurement.30.608.

APPENDIXES IV: WORK PLAN SCHEDULE

Duration	J	F	M	A	M	J	J	A	S	O	N	D
Activity												
Developing Questionnaires				■								
Data collection				■	■	■						
Data processing and analysis							■	■				
Writing Draft and Final Report								■	■			
Submission of Report									■			

APPENDIX V: BUDGET ESTIMATES

Item	Quantity	Unit Cost	Total Cost
Stationary			
Ruled paper	2 reams	10,000/=	20,000/=
Note book	4	3,000/=	12,000/=
Printing	37 pages	500/=	18,500/=
Photocopying	74 pages	150/=	11,100/=
Pens	10	500/=	5,000/=
Bag	1 bag	35,000/=	35,000/=
Sub Total			101,600/=
Date collection			
Transport	5 days	20,000/=	100,000/=
Sub Total			201,600/=
Report writing			
Secretarial services			
Typing	64 pages	500 per page	32,000/=
Printing	64 pages	150 per page	9,600/=
Photocopying	150 pages	150per page	22,500/=
Binding	3books	20,000/= each	60,000/=
Sub Total			124,100/=
TOTAL SUM			325,700/=

APPENDIX VI: Placement Letter



UGANDA CHRISTIAN UNIVERSITY

A Centre of Excellence in the Heart of Africa
MBALE UNIVERSITY COLLEGE.

Office of the Academic Registrar

To: TONY CLERK
Northern City Division



Dear Sir/Madam,
Re: Academic Research
Christian greetings!

We are honored to introduce to you Mr. Mrs./Miss AKELLO JAMES JESCAH
Of Registration Number: 22/001/051/002 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
EFFECTS OF DRUG ABUSE ON THE YOUTH LIVELIHOODS
IN NORTHERN DIVISION, MBALE CITY
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.
Thank you.

Yours faithfully,
Mr. Akampurira Timothy
Academic Registrar



permission granted
to connect data in
NCA TONY CLERK
03 SEP 2024
NORTHERN CITY DIVISION
MBALE CITY

A Complete Education for a Complete Person

P.O Box, Mbale, Uganda, email: academicregistrar@mbale.ucu.ac.ug