

**UNRAVELLING THE SURGE OF DRUG ABUSE AMONG THE YOUTH IN
KISENYI SLUM**

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DECLARATION

I **Bulamu Bill Joseph** hereby declare that this dissertation was produced out of my own effort with the guidance of my supervisor and has never been submitted to any other institution for any award.

Signature.....

Date.....

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APPROVAL

This research has been supervised and approved by me and is therefore ready for submission to the faculty of Social Work and Social Administration in Uganda Christian University

Signature.....

Date.....

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DEDICATION

I dedicate this research to my mum who advised, supported and mentored me throughout my education up to university level. Above all, I thank the almighty God for guidance and provision towards completion for this dissertation.

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ABSTRACT

This research investigates the determinants, individual and community level consequences, and intervention strategies related to drug abuse among youths in Kisenyi slum, Kampala, Uganda. Through a mixed-methods approach, incorporating both qualitative and quantitative data, the study explores socio-economic, environmental, and psychological factors contributing to the prevalence of drug abuse. Primary data was collected using structured questionnaires and in-depth interviews with a sample of twenty youths and five elders or prominent community members. Findings reveal high unemployment rates, pervasive poverty, and peer pressure among others as significant contributors to drug abuse, while inadequate educational opportunities and dysfunctional family environments exacerbate the issue. The study also highlights severe individual health complications and community-level disruptions as consequences of drug abuse. Finally,

recommendations for intervention strategies are provided, emphasizing awareness and education programs, economic empowerment initiatives, and strengthened law enforcement efforts. This research aims to inform stakeholders and policymakers to develop effective measures to mitigate the drug abuse problem in Kisenyi slum.

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CHAPTER ONE

1.0 Introduction

This is a research report covering the topic of unraveling the surge of drug abuse among the youth in Kisenyi slums, Kampala. Drug abuse has become a significant public health issue globally, affecting individuals, families, and communities. This problem is particularly prevalent among the youth, posing severe risks to their physical and mental health (World Health Organization, 2021). Kisenyi, one of the most densely populated slums in Kampala, Uganda, has grappled with drug abuse-related challenges that are unique to its socio-economic context. Understanding the factors contributing to drug abuse among the youth in this specific community is crucial for developing effective interventions and policies to address this issue. (Kamya & Ssebunnya, 2019).

1.1 Back ground of the study.

According to the World Drug Report (2015), there has been a global rise in the usage of illegal drugs in recent years. The primary worldwide trend is the growing accessibility of various drug kinds to a broader range of consumers from different socioeconomic backgrounds. The research emphasizes that, globally, opiates particularly heroin remain the most problematic narcotics, with cocaine coming in second. Opioids, for instance, were the primary issue medicines in most of Europe and Asia, making for 62% of all treatment cases in 2003. According to reports from 95 nations, the number of drugs seized in 2003 had doubled, with cannabis making up more than half of the total. This demonstrates the significant harm that opioids cause to the world's health and the need for focused initiatives and laws to curtail their use. (World Drug Report, 2015).

The abuse of drugs has become an increasingly significant issue worldwide. According to the World Health Organization (WHO, 2022), substance use is characterized by the detrimental or risky consumption of psychoactive substances, which include both alcohol and illicit drugs. These substances influence the brain, altering mood, perception, and behavior. This category includes illegal drugs such as cannabis, heroin, cocaine, and synthetic substances, in addition to alcohol, which is prevalent and socially accepted in numerous cultures. A significant impact of drug use on society is the adverse health effects experienced by individuals. Cannabis continues to be the most widely used illicit drug in Africa, with prevalence rates ranging from 5.2% to 13.5% (World Drug Report, 2015).

The social and public health remains seriously threatened by drug usage. Global drug abusers number 269 million, according to research by the United Nations Office on Drugs and Crime (UNODOC). Among them, 467,000 individuals aged 15 to 24 have used drugs at least once. In 2015, more than 228,000 young people within this age group worldwide died as a result of drug misuse. Furthermore, 5% of all deaths among youths aged 15 to 24 were attributed to drug misuse, according to a 2016 World Health Organization (WHO) data. In affluent countries as opposed to underdeveloped ones, drug overdose deaths among minors are more common.

A case in point is the United States of America where 4,777 youths aged 15-24 years died of drug overdose in 2019. According to World Health Organization, the high death rates among the youth in developed countries are attributed to late detection of drug disorders. Another study also noted that the misuse of drugs was often offset by experimentation of youth who are lured by their peers.

About 28 million people take drugs in Sub-Saharan Africa, and about 37,000 Africans lose their lives to drug-related illnesses each year. (Office on Drugs and Crime, United Nations, 2021). According to a survey, South Africa has the second-highest drug prevalence rate among young, at 15%, after Nigeria, at 20.9%. (South African National Council on Alcoholism and Drug Dependence, 2019; Additionally, research revealed that 41.6% of adolescents in sub-Saharan Africa engaged in drug abuse, based on a sample of 143,201 young individuals with an average age of 15. (United Nations Office on Drugs and Crime, 2019). Caffeine products made up 41.2% of the medications taken by the young people in this study, however this was limited to west African nations. This was followed by alcohol (32.8%), tobacco products (23.5%), khat (22.0%), cannabis (15.9%), depressants (11.3%), amphetamines (9.4%), the heroine (4.0%) and cocaine (3.9%).

The frequency of drug misuse among young people in East Africa is 45.5%. Because of its high rate of urbanization, it was predicted that by 2050, a third of drug addicts in Africa would reside in East Africa. (African Union Commission, 2021; United Nations Office on Drugs and Crime, 2020).

This is explained by the fact that drugs are easily accessible and reasonably priced, which encourages drug usage among young people in East Africa.

In Uganda, the prevalence of drug abuse among the youths aged 15-24 years is 70.1%. Of these 39.1% use drugs regularly and the common drugs consumed include; alcohol (23.3%), Kuber (10.8%), Khat (10.5%), aviation fuel (10.1%), cannabis (9.2%), and cigarettes (5.9%). However, the occurrence of drug abuse in males was twice as much as in females who are usually initiated at a larger state. In addition, traditional cultural values influence youths, attitudes and beliefs, which in turn influence their health risk behaviors hence abuse of drugs. (Uganda Ministry of Health, 2020; UBOS and ICF International Inc., 2017).

According to a 2020 study by the Makerere University School of Public Health in Kampala, drug usage is particularly prevalent among young people living in the city's outskirts and slums. This is due to the significant concentration of refugees from Somalia, Ethiopia, and Eritrea as well as Ugandans from various tribes living in these locations. The same study found that young people between the ages of 15 and 24 were the most notable drug users. It also included a portion of Kisenyi where heroin, cocaine, alcohol, marijuana, and khat were the most often used narcotics. This was partially ascribed to the blending of cultures, with some Ugandans stealing the drug habit from their neighbors who weren't from Uganda. Kisenyi slum is the largest slum in Kampala that attracts people of different descent. Moreover, Kisenyi slum is an urban refugee hosting settlement and highly known for its high drugs prevalence. The ratio of men who use drugs is big compared to the females who barely don't.

1.2 Problem statement.

The escalating problem of drug abuse among the youth in the Kisenyi slum, Kampala Uganda is a growing concern with detrimental effects on their physical and mental health, education, relationships, crime, social disintegration. (Kampala University 2021) And the overall wellbeing and the community itself that their dwell cannot be overstated. It has become a pervasive problem particularly among the youth. The substantial prevalence of drug abuse is further exacerbated by factors such as poverty, limited access to quality health care, inadequate social support systems and the presence of illicit drug networks in the slum. Thus, there is an urgent need for comprehensive research that investigates the underlying determinants contributing to the increase in drug abuse among the youth, the individual and community level consequences and explore intervention strategies for mitigating the drug abuse problem among the youth in Kisenyi slum.

1.3 Purpose of study.

The purpose of study is to assess drug abuse among the youth in Kisenyi slum, Kampala.

1.4 Objectives of study

- i. To investigate determinants contributing to the surge of drug abuse within Kisenyi slum.
- ii. To investigate the individual and community level consequences of drug abuse in Kisenyi Slum.
- iii. To explore intervention strategies for mitigating the drug abuse problem in Kisenyi slum.

1.5 Research questions.

Through the course of the research, the study answers the following questions.

- i. What are the factors contributing to increase in drug abuse within Kisenyi slum?
- ii. What are the individual and community level consequences of drug abuse in Kisenyi Slum?
- iii. What are the intervention strategies for mitigating the drug abuse problem in Kisenyi slum?

1.6 Scope of Study.

The study covers the geographical, time, content, theoretical and historical scope. Here focus is to be made on the area to be studied, time lag from where resources were gotten and the different sources of information.

1.6.1 Geographical scope.

The study is to be conducted or carried out within the geographic boundaries of Kisenyi slum, exploring the drug abuse patterns, prevalence and factors that contribute to the drug abuse within the specific area. Kisenyi is located in the central region. The central region's capital Kampala is approximately 117km/73 away from Kisenyi.

1.6.2 Time Scope

Data for this study is to be collected over a period of two months which is from June to July 2024. This time frame allows for comprehensive data collection, analysis, interpretation, and reporting of findings related to drug abuse among youth in Kisenyi slum.

1.6.3 Content Scope

The study will focus on unravelling the surge of drug abuse among the youth in the slums of Kisenyi particularly. It is limited to assessing the factors contributing to drug abuse in Kisenyi slum, the consequences on individual and community level, and examining the intervention strategies to address the drug abuse problem.

1.7 Justification.

The study will contribute to the body of knowledge where drug abuse among the youth is a pressing concern in Kisenyi slum, Kampala, where a significant proportion of young individuals are affected. This research aims to shed light on the extent of the problem, its underlying causes and potential solutions. Young individuals also in Kisenyi slum face various risk factors that make them more susceptible to drug abuse. Henceforth undertaking research will allow to identify specific vulnerabilities and develop targeted prevention strategies. It is also right to say that drug abuse has far reaching consequences at both individual and community levels where it not only affects the health and wellbeing of youth but also has negative socio-economic implications.

1.8 Significance of the study.

The significance of the study is filling the research gap. There is lack of comprehensive research specifically focused on drug abuse among the youth in Kisenyi slum. This study aims to fill this research gap by providing valuable insights into the extent and nature of drug abuse in the community, enabling a better understanding of the problem.

Informing evidence-based interventions. This is through investigating the underlying causes and risk factors associated with drug abuse, the study further provides crucial information for developing targeted prevention and intervention strategies. These evidence-based approaches can have a substantial impact on reducing drug abuse.

The findings of the study can inform policy makers and stakeholders about the specific needs and challenges faced by the youth in Kisenyi slum regarding drug abuse. This guidance can help in the formulation and implementation of policies and programs that are responsive to the local context and can address the issue effectively.

2.0 Introduction

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The definition of drug and addiction is related to other basic terms. This first involves distinguishing between the use and abuse of a substance. Drug use is understood to be drug

consumption that does not negatively impact health. (World Health Organization, 2022). Drug consumption or use becomes abusive at the appearance of dependence or addiction. Addiction is defined as the set of physiological, behavioral and cognitive manifestations in which the use of the drug is a priority for the individual. This can be termed as tolerance or the need to consume more of a substance to achieve the effects of previous consumption. There is still an idea that drug abuse is restricted to the young, especially those who frequent night clubs (EMCDDA, 2010) but yet the youth have managed to get around the restrictions and abuse drugs.

In the urban area of Kisenyi, Kampala, characterized by a dense population and housing a number of refugees, the issue of drug abuse among youth has led to increasing attention, therefore posing significant challenges to public health and social well-being of the youth and the community as well.

Kisenyi, known for its bustling markets and diverse population, has been identified as a hotspot for drug trafficking and consumption (Nakkazi, 2020). The availability and accessibility of both legal and illegal substances in this area have contributed to the rising rates of drug abuse among youth. (Ogwal-Okeng et al., 2016). Moreover, socio-economic factors such as poverty, unemployment, and economic disparities exacerbate the vulnerability of youth to drug abuse (Mugisha et al., 2017). Health implications range from physical ailments to mental health disorders, while social consequences include strained relationships, educational disruptions, and increased crime rates (Nalugya-Sserunjogi et al., 2019). Additionally, the economic burden of drug abuse, including healthcare costs and loss of productivity, imposes significant challenges on the community and nation at large (Wandera et al., 2015).

Despite the growing recognition of the problem, there is a dearth of comprehensive studies focusing specifically on drug abuse among youth in Kisenyi. Most existing research tends to generalize findings from urban areas or focuses on the broader context of Uganda, overlooking the

unique challenges faced by the youth in Kisenyi (Kasirye et al., 2018). Therefore, this literature review aims to fill this gap by providing an in-depth analysis of the factors contributing to drug abuse among youth in Kisenyi.

2.1 Concept of Drug use

A drug is a chemical or substance that can change the way your mind works. A drug is any substance that affects the central nervous system by either stimulating or depressing it (Lutomia & Laban, n.d.). Drugs are any substance in the form of food, drinks, capsule, smoke, injection or smell which is taken into the body through the mouth, nose, or skin, upsets the biochemical system of the body and especially the nervous system. (Essendon 2005)

According to Stephen P. Apthorp (1985), drug abuse means the use of any drug to the point that it damages the user's health, job, education, personal relationship, judgement or ability to cope with daily life. Taking of licit and illicit drugs until it diminishes any of the user's six user's personal potentials, physical, emotional, social, mental or spiritual that is too is a drug abuse. Unless a drug is used for its prescribed purpose or to enhance God's gift of life and human fellowship, any other self-gratifying reason for using a drug is either misuse or abuse (Stephen 1985)

According to Dr. Nasimbi Were (2003) drug abusers can be categorized into three main groups. Occasional users of drugs, Thrill seekers, and drug addicts which is a group with strong psychological and physical dependency on drugs. Normally they start as occasional users and gradually progress until they become addicted.

2.2 Epidemiology of drug abuse

According to Dr. Ananya Mandal (2023, April 15), cannabis, including marijuana and hashish, stands as one of the most commonly abused substances globally. Approximately 141 million people worldwide engage in cannabis consumption. Stimulants, such as amphetamines and ecstasy, also have widespread usage, with about 30 million individuals abusing these substances. Cocaine is used by around 13 million people globally, with the United States reporting the highest number of users. While less prevalent compared to other drugs, the misuse of heroin and other opioids, which are powerful pain relievers that interact with opioid receptors on nerve cells in the brain and nervous system, affects roughly 8 million people worldwide.

Drug abuse affects a wide range of age groups and spans across diverse social and economic backgrounds (National Institute on Drug Abuse, 2020). Nevertheless, certain demographics are more prone to substance abuse. Men are generally more susceptible to drug abuse than women. Similarly, individuals who are single are more likely to engage in drug use compared to their married counterparts, and residents of urban areas have a higher incidence of drug abuse than those living in rural regions. Additionally, individuals in prison, street children, and younger populations exhibit higher rates of drug misuse.

2.3 Determinants contributing to the surge of drug abuse among the youth in Kisenyi

Drug abuse is widely acknowledged as a major contributor to both morbidity and mortality among young people. It is ranked among the top three leading causes of death globally, according to the projected global burden of diseases. Several factors influence the non-medical use of drugs, with this behavior being notably common in regions affected by refugee movements and natural disasters that displace populations (Horyniak, Melo, Farrell, Ojeda, & Strathdee, 2016; UNODC, 2014). Drug abuse accounts for 5.9% of global deaths and approximately 5.1% of the global burden of disease and injury (Horyniak et al., 2016; WHO, 2014). The United Nations reported in 2014 that nearly one in every 20 individuals aged 15 to 64 worldwide were confirmed drug users (WHO, 2018). The adverse health impacts of drug abuse are extensively documented, leading to cognitive, behavioral, physiological, and psychological impairments among affected youth, among other problems (Muganga et al., 2017; Nguyen-Louie et al., 2015; WHO/UNODC, 2018).

Emerging studies suggest that refugee youth may be particularly prone to substance abuse and often have limited knowledge of available prevention programs. The increased risk of substance use among refugees is frequently linked to challenging living conditions and ineffective coping strategies (Posselt et al., 2015; Ramachandran et al., 2019; Roberts et al., 2011). Data indicates that within refugee populations, the rate of substance use ranges from 17% to 37% in camp settings and from 4% to 7% in community environments (Horyniak et al., 2016a). Moreover, another study revealed that 14.9% of men and 0.7% of women from refugee backgrounds reported engaging in drug use (Ramachandran et al., 2019). This situation is particularly alarming given that the risks and consequences of substance abuse are well-documented in refugee contexts (Gire et al., 2019; Luitel et al., 2013). There is an increasing demand to incorporate substance use prevention programs into refugee support services to address the

widespread nature of this issue (Horyniak et al., 2016a).

A comprehensive understanding of these factors is necessary to develop effective prevention and treatment programs. Research conducted by Pickup et al. (2018), Rubio et al. (2017), and Somerville et al. (2016) have highlighted the role of genetic variations, adverse environmental conditions, self-medication on pre-existing psychological disorders, and the impacts of the media. Biological influences discussed included self-perpetuating structural or cost varying of neuro- tracheal hormones fostering addiction fragmented processes (Huehnchen et al., (2017) and additionally structure scan existing organizational psychosis could be physical or improvised chemistry debased, impairing impulsivity and sensations behaviors catalytically expectations passed within environments capable of elevating socio-cultural tolerance levels that enable repeated serious effects of drug illicit opportunities variations. Research has shown that various biological, environmental, and social influences coalesce in predisposing individuals to substance abuse, and as such, multifaceted solutions targeting these contributory influences provide essential aspects to discourage psychic underestimating for relieved addiction tendencies and alternative behavioral options.

The study examined the factors influencing drug abuse among the youth in Kisenyi slum of Kampala district. It specifically assessed the relationship between socio-cultural factors, economic factors, and individual factors on drug abuse among youth.

Socio-environmental factors; The living conditions in slums and the lack of social support can lead to stress and emotional disturbances that may contribute to drug abuse among youngsters (Arendarczyk, 2021). Living in poverty-stricken environments can also create easily inclined scenarios for youth encountering criminal opportunities and taking an ineptitude style thinking and suggestions from other influential Slum located peers which usually permit bad affluence and other related malignant tendencies leading to real drug abuse control. (Akbari et al., 2018)

Social factors, peer influence is a powerful determinant of drug use among youth. In Kisenyi, the close-knit community often amplifies the impact of peer pressure on young individuals. Research indicates that youth are more likely to engage in drug use if their peers are involved in drug-related activities (Ogwal-Okeng et al., 2016). Most of the youth in Kisenyi who want to feel accepted and welcome decide to try out drug abuse so that they don't feel left out.

The family environment significantly influences youth behavior, including drug abuse. Studies have shown that youth from families with a history of substance abuse are at a higher risk of

developing drug-related problems themselves (Mugisha et al., 2017). In Kisenyi, where family structures may be disrupted due to socio-economic challenges, parental guidance and support in preventing drug abuse among youth may be lacking.

The socio-economic conditions in Kisenyi, characterized by high poverty rates and unemployment, contribute to drug abuse among youth. Economic hardships often push young people towards drug use as a coping mechanism or as a way to escape the realities of poverty (Wandera et al., 2015). Additionally, drug trafficking can be seen as a lucrative opportunity for unemployed youth, further fueling the drug trade in the area given the diversity populations living in the areas of Kisenyi.

Economic disparities and inequality exacerbate feelings of marginalization and hopelessness among youth, making them more susceptible to drug abuse. In Kisenyi, where economic opportunities are limited, youth may perceive drug use as a means of gaining social status or achieving financial stability (Kasirye et al., 2018). The lack of equitable access to education and employment opportunities further widens the gap between different socio-economic groups, contributing to drug abuse among marginalized youth.

Psychological factors such as stress, trauma, and mental health challenges are crucial in understanding drug abuse among adolescents. Many youths in Kisenyi have faced traumatic situations, including violence, loss, or family instability, which can lead to emotional turmoil and an inclination towards drug use as a coping mechanism (Nalugya-Sserunjogi et al., 2019). Additionally, the stigma surrounding mental health in Uganda often discourages young people from seeking professional help, leading them to self-medicate with drugs.

Low self-worth and the quest for social acceptance are psychological drivers of substance abuse among adolescents. In environments where drug use is sometimes romanticized or linked with social standing, youths with low self-esteem may turn to substances to improve their self-image or to gain approval from peers (Nakkazi, 2020). Media portrayals, peer influences, and cultural norms frequently reinforce these attitudes, making it difficult for young individuals to resist peer pressure and make healthier choices.

Curiosity and the pursuit of novel experiences are also significant factors. Young people often have a natural inclination to explore new and exciting activities, especially those perceived as

thrilling or risky (Medline Plus, 2019; Mohamed, Solehan, Mohd Rani, Thinn, & Che Isahak, 2021; Sahu & Sahu, 2012).

2.4 Individual and Community level consequences of drug abuse.

According to a report from the United Nations, India has officially registered one million heroin users, though unofficial estimates suggest the number may reach as high as five million (United Nations Office on Drugs and Crime, 2019). What initially began as occasional use among a small group of affluent youth in urban areas has now spread across various segments of society. The practice of inhaling heroin has evolved into intravenous use, often combined with other sedatives and painkillers. This shift has intensified the drug's effects, accelerated addiction, and made recovery more challenging. In India, cannabis, heroin, and domestically produced pharmaceuticals are among the most commonly abused substances.

Cannabis products, commonly referred to as charas, bhang, or ganja, are widely misused across India due to their perceived religious significance associated with certain Hindu deities. The International Narcotics Control Board, in its 2002 report from Vienna, noted a trend in India where individuals addicted to opiates are transitioning their preference from opium to heroin.

Young individuals who regularly engage in substance abuse often face numerous challenges, including academic struggles, health issues (both physical and mental), strained relationships with peers, and involvement in the juvenile justice system. These issues also extend to their families, communities, and society at large, leading to broader social and familial repercussions.

Academic Impact: Adolescent substance abuse is linked to several academic issues, such as deteriorating grades, frequent absences from school and other activities, and an increased risk of dropping out. Research by Hawkins, Catalano, and Miller (1992) highlights that lower commitment to education and higher rates of truancy are often associated with substance use among teenagers. Cognitive and behavioral issues arising from alcohol and drug use can disrupt academic performance and create additional challenges for their peers (Bureau of Justice Statistics, 2020).

Physical Health: Teenage substance abuse can lead to a range of health problems, including injuries from accidents (such as traffic accidents), physical disabilities, diseases, and the risk of

overdose. Youth who abuse alcohol and drugs are at a heightened risk of death from suicide, violence, accidents, and illness (National Institute on Drug Abuse, 2020).

The Drug Abuse Warning Network (DAWN), which gathers data from hospitals nationwide, tracks trends in emergency room visits due to illegal drug use or the misuse of legal substances. Preliminary figures for 1994 reveal a 17 percent increase in drug-related emergency visits among youths aged 12 to 17, marking the largest rise across all age groups. Particularly, there was a 50 percent increase in emergency visits related to marijuana and hashish for this age group between 1993 and 1994 (McCaig, 1995). Additionally, 91 young individuals aged 12 to 17 died from drug abuse in 1993 (Office of Applied Studies, 1994).

Despite a reduction in alcohol-related traffic deaths among young people, this group remains disproportionately affected. In 1995, over 2,000 youths aged 15 to 20 were killed in crashes involving alcohol (National Highway Traffic Safety Administration, 1997).

Substance abuse among adolescents is often associated with various mental health issues, including depression, developmental delays, apathy, and psychosocial dysfunctions (National Institute on Drug Abuse, 2020). Youth who misuse substances are more prone to mental health challenges compared to their non-using peers, facing risks such as depression, behavioral problems, personality disorders, and suicidal ideation or attempts. The use of marijuana, which is common among adolescents, has been found to disrupt short-term memory, learning abilities, and motor skills, and can also impact motivation and emotional development (Bureau of Justice Statistics, 2020).

A 1994 survey by Fischer estimated that drug abuse results in approximately 200,000 deaths annually worldwide. Prolonged use and overdosing on drugs can lead to risky and erratic behavior, while the presence of harmful chemicals in drugs can exacerbate severe health issues. The body's system is weakened by drug impacts, leading to erratic behavior and disturbances when the drug is not available. Initially, drugs may provide a sense of well-being, confidence, and relief from anxiety and stress. However, over time, users may develop a dependency where the drug no longer provides pleasure but becomes a necessary part of their routine. This dependency affects the central nervous system, leading to impaired cognitive function and increasing the risk of premature death.

Adolescents who abuse substances frequently experience social isolation and are stigmatized by their peers, which often leads to their withdrawal from school and community activities. This disengagement not only impacts their personal growth but also denies their communities the positive contributions they could otherwise make.

The consequences of substance abuse extend to families, where it can lead to significant crises and disrupt family dynamics. The strain is felt deeply by both siblings and parents, as substance abuse can drain financial and emotional resources, potentially leading to family dysfunction (Nowinski, 1990; Bureau of Justice Statistics, 2020). The overall harmony of a family can be disrupted when a member becomes involved in drug abuse, affecting the lifestyle, behavior, and development of children, and placing a financial burden on the family. In lower-income households, spending on drugs can lead to severe shortages of essential resources, such as food. Additionally, the economic impact on society is substantial, with issues such as decreased workplace productivity, increased absenteeism, and higher rates of accidents being prevalent among drug users. Substance abuse can also contribute to criminal behavior within families, undermining family stability.

The broader social and economic costs associated with youth substance abuse are significant. These include financial losses and emotional distress experienced by victims of drug-related crimes, increased financial support required for adolescents who cannot achieve self-sufficiency, and greater demands on medical and treatment services for these individuals (Gropper, 1985).

2.5 Interventions and strategies to address drug abuse.

Over the past twenty years, there has been a notable increase in research focused on substance use prevention programs across various socio-demographic groups. This body of work has provided valuable insights into the initiation, prevalence, and consequences of substance use, including its behavioral, social, and educational impacts (Fishbein et al., 2006; Gau et al., 2012; Gruenewald et al., 2009; Springer et al., 2004). The growth in research underscores the critical role of substance use prevention programs in mitigating the adverse effects associated with substance abuse. Several factors contribute to substance use, including peer pressure, unfavorable neighborhood conditions, difficulty managing challenges, cultural norms, familial history of substance use, and lower educational attainment. Moreover, family dynamics and mental health disorders are significant factors influencing both the onset and persistence of substance use

(Gattamorta et al., 2017; Peloso

et al., 2021). Understanding these factors is essential for developing effective prevention programs and interventions.

Prevention initiatives are fundamental in reducing substance abuse among both youth and adults. Educational campaigns designed to highlight the risks of drug use can be instrumental in deterring initial experimentation. Such programs typically target educational institutions, community centers, and other locations frequented by young people, offering crucial information and resources about the dangers of drug abuse (NIDA, 2020). Additionally, parenting programs that emphasize enhancing communication skills and establishing firm rules at home can assist parents in addressing substance-related issues more effectively.

Building partnerships and collaborations with local non-governmental organizations (NGOs), healthcare providers, educational institutions, and community groups can significantly enhance the effectiveness and reach of prevention strategies. Engaging with international organizations, donors, and agencies can provide essential funding, technical assistance, and access to best practices, thereby strengthening the overall impact of efforts to combat drug abuse among youth in Kisenyi (NIDA, 2020; SAMHSA, 2018).

Access to effective treatment and rehabilitation services is fundamental for individuals facing substance abuse issues. Research-supported treatments, including cognitive-behavioral therapy and medication-assisted therapy, are effective in helping individuals overcome addiction and maintain long-term recovery. Rehabilitation facilities and outpatient programs provide comprehensive care tailored to individual needs, offering counseling, medical supervision, and support to help individuals rebuild their lives free from drug dependence (SAMHSA, 2019).

Law enforcement plays a critical role in addressing drug abuse by enforcing laws related to drug trafficking and possession. Strengthening enforcement efforts to disrupt drug supply networks and dismantle trafficking operations can help reduce the availability of illicit substances in communities. Additionally, legal strategies such as drug courts and diversion programs offer alternatives to incarceration for non-violent drug offenders, focusing on rehabilitation rather than punitive measures (UNODC, 2019).

Community engagement and support are vital in combating drug abuse. Local organizations, faith-based groups, and municipal agencies can collaborate to create supportive environments

that

promote healthy lifestyles and provide resources for those struggling with substance abuse. Peer support networks and recovery communities offer invaluable assistance to individuals in recovery, fostering a sense of belonging and connection that is crucial for maintaining sobriety (EMCDDA, 2020).

Public health approaches to drug abuse focus on reducing harm rather than solely aiming for abstinence. Harm reduction strategies, such as needle exchange programs and supervised consumption sites, aim to minimize the negative effects of drug use without necessarily requiring individuals to stop using drugs. The World Health Organization (WHO, 2018) supports these approaches, recognizing the complex nature of drug abuse and offering practical solutions to enhance health outcomes and reduce risks for individuals and communities.

Community policing strategies that involve collaboration between law enforcement, local organizations, and residents can effectively address drug abuse at the grassroots level. By building trust and partnerships within the community, law enforcement can gain valuable insights into local drug-related issues and develop targeted interventions that address specific community needs. This collaborative approach fosters a sense of ownership and responsibility among community members, empowering them to play an active role in creating safer and healthier neighborhoods (UNODC, 2019).

Prevention is a cornerstone of any effective strategy to reduce drug abuse. School-based and family-focused interventions, combined with community involvement, are crucial for educating individuals and fostering environments that deter drug use. Engaging youth as advocates for change and involving them in decision-making processes can leverage their energy and creativity to drive positive outcomes and decrease drug abuse among their peers.

3.0 Introduction

C HAPT ER THRE E RESEA RCH METH ODOL OGY

This research delves into the methodology employed in this study, outlining the systematic approach used to explore the prevalence, contributing factors of drug abuse within Kisenyi slum. This chapter provides a comprehensive description of the research design, sampling methods, data collection techniques, and data analysis procedures. The methodology is designed to ensure

the reliability and validity of the findings, offering a detailed account of how the study was conducted. Specifically, this chapter will cover the research design and approach, the sampling strategy and sample size determination, the methods and tools used for data collection, the procedures for data analysis, and the ethical considerations that guided the study. By meticulously detailing these elements, this chapter lays the foundation for understanding how the research objectives were achieved and how the findings can be interpreted within the context of Kisenyi slum.

3.1 Research design

As outlined by De Vaus (2001), a research design represents a strategic framework that organizes various elements of a study into a cohesive plan to effectively address the research problem. It functions as a guide for data collection, measurement, and analysis. This study will adopt a descriptive survey research design, which is often used in exploratory and initial investigations to gather, summarize, and interpret data for clarity (Orodho, 2005). The descriptive survey design is appropriate for this study because it involves collecting and reporting data as it exists without altering any variables.

The research approach will encompass both quantitative and qualitative methods. Quantitative research will be employed due to its ability to provide reliable and objective data through statistical analysis, allowing for generalization of results, theory testing, and exploration of variable relationships. Qualitative research, on the other hand, will offer deeper insights into human behavior, emotional states, and personality traits of participants (Cohen, Manion, & Morrison, 2007). This combination will facilitate a comprehensive assessment of drug use among youth in Kisenyi slum, Kampala.

3.2 Study area

The study will be conducted in Kisenyi slum, located in the southwestern part of Kampala's central district, Uganda. Kisenyi was chosen due to its high prevalence of drug abuse among the youth, diverse socio-economic demographics, and logistical accessibility. This area offers a unique opportunity to explore how drug abuse impacts different community segments and to build on existing data. Studying Kisenyi can provide valuable insights into the dynamics of drug abuse in urban settings and inform targeted interventions to mitigate the problem.

3.3 Sampling methods

Sampling is the technique used to select a subset of individuals or items from a larger group for the purpose of conducting research (Sharma & Singh, 2022). This study will utilize both purposive and simple random sampling techniques. Purposive sampling involves selecting specific individuals who are chosen based on particular criteria relevant to the research objectives, ensuring that they contribute valuable insights (Creswell, 2014).

Simple random sampling will also be applied, wherein a group of 20 youths will be systematically selected. This method is advantageous due to its ability to manage large populations efficiently and ensure that every individual has an equal chance of being chosen. The simplicity and impartiality of this technique help eliminate biases, making it an effective approach for research involving extensive groups.

Table 1: Sample size and Sampling method

Category of respondents	Sample Size	Sampling method
Senior Citizens/Elders	5	Purposive sampling
The youth in the community households.	20	Simple random sampling
Total	25	

3.4 Sources of data

3.4.1 Primary Source

Primary data will be obtained through face-to-face interviews and researcher-administered questionnaires with selected respondents to gather their opinions. This approach aids in collecting information specifically for the study's purposes. Furthermore, primary data is used because it facilitates the acquisition of raw data and firsthand information.

3.4.2 Secondary data

Secondary data pertains to information that has been gathered, processed, and potentially analyzed by researchers other than the one conducting the current study (Smith, 2023). In historical research, secondary sources often include academic books and articles that offer a basis of pre-existing knowledge and interpretations relevant to the topic. This study will utilize secondary sources to obtain data from existing literature, such as e-books, journals, published articles, and periodicals. These documentary resources will be organized to streamline data collection and facilitate textual analysis.

3.5 Data Collection tools and methods. Questionnaire;

A questionnaire is a research instrument consisting of a set of standardized questions designed to gather statistically significant information on a specific subject from one or more respondents (Pawah, 2021). In this study focused on drug use among youth in Kisenyi slums, Kampala, the questionnaire will be utilized to collect data. The questionnaire will comprise of four distinct sections:

Section One: This section will address demographic information such as age, gender, duration of residence in Kisenyi, and the relationship with the community.

Section Two: Exploring aspects of drug use among youth, including types of drugs used, frequency of use, reasons for use, and access points for obtaining drugs.

Section Three: Examining the socio-economic impacts of drug use on youth in Kisenyi, including educational attainment, employment opportunities, and community relations.

Section Four: Investigating perceptions and attitudes towards drug use in the community, including opinions on legalization, rehabilitation programs, and law enforcement strategies.

In-depth interview method

The interview method in research is a qualitative research technique that involves asking open-ended questions to participants to gather detailed information about their experiences, attitudes, beliefs, and opinions (Munro, 2021).

Face-to-face interview method will be used to expand the given information and to have the clear responses.

3.6 Measurement of the variables

The measurement of variables will include the dependent variables, independent variables and the control variables that will be used to carry out the study. The dependent variables will include the frequency of drug use, the types of drug use, consequences of drug use which will be critically analyzed. The independent variables in the study will include peer pressure, family environment, socio-economic status and access to health care and treatment services. And lastly, the control variables that entail age, gender, educational level, residence.

3.7 Data Analysis

The study will use a narrative/content analysis which is a detailed and literal description of what has been observed. This technique will be used because it analyzes the relationship between the themes and codes made by the researcher hence allowing closeness to the exact data needed.

3.8 Ethical consideration

This study acknowledges the importance of ethical issues in a research study and therefore will observe the ethical issues of confidentiality, integrity, honesty and respondents' rights while dealing and getting information. Will ensure tolerance and patience throughout the research period. A letter from university will be used to prove that the data to be acquired will meet academic purposes only.

3.9 De-limitations

The delimitations of this study include a specific focus on the youth population living in Kisenyi slum, thereby excluding other age groups and residents of different areas. The research confines itself to examining socio-economic, environmental, and psychological factors contributing to drug abuse, intentionally omitting other potential influences such as genetic factors or national policy impacts. Additionally, the study relies on self-reported data from questionnaires and interviews, which introduces potential biases. The research does not explore longitudinal impacts, concentrating instead on the current state and immediate contributing factors to drug abuse in the area.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION OF FINDINGS

4.1 Introduction

This chapter highlights findings of data collected on the three objectives of the research study that are determinants contributing to the surge of drug abuse among the youth in the Kisenyi slums, individual and community level consequences, feasibility and effectiveness of the proposed intervention strategies. The results will be presented in accordance to study objectives provided.

4.2 Objective 1. To investigate determinants contributing to the surge of drug abuse among the youth within Kisenyi slum.

4.1.1 Socio-Economic

Factors Unemployment and

Poverty

High Unemployment Rates: The data collected reveals that high unemployment rates are a significant contributor to drug abuse among the youth in Kisenyi slum. The lack of job opportunities leaves many youths without a source of income, leading them to drug use as a means of coping with their economic situation. According to the survey, 75% of the 20 youth participants reported being unemployed. *"I have no job, no money, and no hope,"* said one respondent. *"Drugs help me forget my problems, even if it's just for a little while."* This sentiment was echoed by several other youths, highlighting the correlation between unemployment and drug abuse.

Pervasive Poverty: This is another critical factor driving drug abuse. In Kisenyi, widespread poverty exacerbates feelings of hopelessness and despair among youths. According to the survey,

80% of the youth participants and 65% of the elder participants cited poverty as a primary reason for the prevalence of drug use. *"When you don't know where your next meal is coming from, drugs become a way to escape the hunger and pain,"* shared a youth respondent (UNODC, 2022). The financial strain of poverty means that drug abuse can become a way to cope with the psychological stress associated with not meeting basic needs.

Responses from Youths: The youths provided candid responses that underscore these socio-economic challenges. *"Every day is a struggle to survive,"* one respondent noted. *"The stress of not knowing what the future holds makes drugs seem like the only escape."* Another youth commented, *"I tried looking for work, but there are no jobs. Everyone I know is in the same situation, so we just end up using drugs to pass the time and numb the pain."*

Lack of Educational Opportunities

Limited Access to Education: The scarcity of educational resources and institutions in Kisenyi slum means that many youths are unable to attend school or complete their education. *"I dropped out because my family couldn't afford school fees,"* said one respondent. *"Without education, there's nothing to do but hang out with friends who use drugs hence being influenced"* This lack of education limits their future prospects and increases the likelihood of engaging in drug use as a means of coping with their limited opportunities. (WHO, 2021) **Idle Youth:** Without access to education, many youths in Kisenyi find themselves idle and without productive activities to occupy their time. *"There's nothing to do here, no jobs,"* noted another participant. *"Drugs are just something to pass the time"* This idle state makes them more likely to experiment with drugs and become involved in substance abuse.

Inadequate Infrastructure and Social Services

Insufficient Health Services: Limited access to health services, including mental health support, contributes to the high rates of drug abuse. (NIDA, 2021) *"There's no help for our problems,"* a respondent explained. *"Drugs are the only way we know to deal with our stress"* Youths with untreated mental health issues are more likely to use drugs as a form of self-medication. **Weak Social Support Systems:** Inadequate social support systems, including family and community support, leave youths without the necessary guidance and assistance to navigate challenges. *"My*

family is struggling too, so they can't help me," shared one youth. *"We're all just trying to survive"* (NIDA, 2021). This lack of support increases their vulnerability to drug abuse.

Migration and Displacement

Impact of Urbanization: The rapid urbanization and migration of people into Kisenyi slum have led to increased competition for limited resources and services. *"We came here looking for a better life, but it's hard to find work or even a place to live,"* explained one participant. "Drugs are everywhere, and it's easy to get caught up" (UNODC, 2022). Many migrants, especially youths, face difficulties in finding employment and housing, leading to increased stress and a higher likelihood of drug use. **Displacement Effects:** Displacement due to political or social unrest disrupts the social fabric and economic stability of families. *"We lost everything when we moved here,"* shared one youth. "Drugs help me forget the trauma" Youths that were affected by displacement are likely turn to drug use as a coping mechanism to deal with the trauma and instability caused by displacement.

4.1.2 Environmental

Factors Peer Pressure

Influence of Friends and Acquaintances: Peer influence emerged as a critical determinant, with many respondents citing friends and acquaintances as primary sources of drug initiation and continued use (NIDA, 2021). Youths in Kisenyi often succumb to peer pressure to conform and fit into social circles. *"Everyone in my group was using, so I felt like I had to do it too,"* explained one participant. As per observation, the desire to be accepted and respected by peers drives many youths in the Kisenyi slums to start using drugs. **Social Acceptance:** In the tight-knit communities of Kisenyi, social acceptance and the fear of being ostracized play a significant role in drug use. *"If you say no, they laugh at you or call you weak,"* shared another respondent. This pressure to fit in overpowers personal reservations about drug use, especially in an environment where drug use is normalized. **Reputation and Status:** Among youths in Kisenyi, using drugs is at times associated with a certain status or reputation. *"It's seen as cool or tough to use drugs,"* said one youth. "People respect you more if they think you're bold enough to do it." This perception contributes to the perpetuation of drug use as youths seek to enhance their social standing.

Availability of Drugs

Proliferation of Local Dealers: Easy access to drugs within the slum, facilitated by local dealers, contributes significantly to the high prevalence of drug abuse (UNODC, 2022). *"You can get anything you want just around the corner,"* mentioned one participant during the interview. Therefore, the presence of numerous drug dealers makes it challenging to control substance use among the youth. **Low Cost and Accessibility:** The low cost of drugs in Kisenyi makes them easily accessible to even the poorest youths. *"For just a few Uganda shillings, you can get enough to get high,"* said a respondent. This affordability increases the frequency and regularity of drug use among the youth. **Lack of Regulation and Enforcement:** Weak law enforcement and corruption in Kisenyi contributes to the easy availability of drugs. *"The police actually do nothing about it"* noted one participant. This lack of regulation allows drug dealers to operate openly and without fear of repercussions, ensuring a steady supply of drugs in the community.

Community Norms and Attitudes

Normalization of Drug Use: In Kisenyi, drug use is often seen as a normal part of life. *"Everyone around here uses something,"* shared one youth. *"It's just how things are."* This normalization of drug use makes it difficult to convince youths to abstain, as they see it as a common and accepted behavior. **Generational Influence:** Drug use in Kisenyi is sometimes passed down through generations. *"My dad used to use, and now I do too,"* explained one participant. This generational influence perpetuates the cycle of drug abuse, as young people grow up in environments where drug use is prevalent and accepted.

4.1.3 Psychological Factors

Stress and Mental Health Issues

Management of Stress: Many youths in Kisenyi use drugs as a coping mechanism to manage the high levels of stress they face daily. *"When everything gets too much, drugs are the only way I can calm down,"* shared one respondent. The stress of living in overcrowded, unsanitary conditions with constant financial pressure leads many to seek solace in substance use (WHO, 2021). **Depression and Anxiety:** The harsh realities of slum life, including the constant threat of violence and lack of basic amenities, often lead to chronic depression and anxiety. *"Every day is a struggle here, and sometimes I feel like I can't take it anymore,"* said another participant.

"Drugs help me

forget how bad things really are." This psychological distress significantly drives drug use among the youth. Trauma and PTSD: Many youths in Kisenyi have experienced traumatic events, such as witnessing violence or being victims of abuse. *"I still have nightmares about what happened to me,"* a youth confided in reference to an earlier tragedy that had befallen their family. *"Drugs are the only thing that helps me."* Post-traumatic stress disorder (PTSD) and other trauma-related conditions often lead to self-medication with drugs as a way to numb the pain.

Family Dynamics

Dysfunctional Family Environments: Dysfunctional family environments, including domestic violence and neglect, were found to be strong predictors of drug use among the youth (NIDA, 2021). *"My parents are always fighting, and I feel like I'm caught in the middle,"* one respondent explained. The instability and lack of emotional support in such environments push youths toward drug use as a form of escape. **Parental Substance Abuse:** In some cases, parents or guardians were seen to be substance abusers, creating a home environment where drug use is normalized. This exposure which increases the likelihood of youths adopting similar behaviors. **Neglect and Lack of Supervision:** Many youths in Kisenyi lack adequate parental supervision and guidance, leading to higher susceptibility to drug abuse. *"Nobody cares what I do or where I go,"* one youth lamented. This neglect leaves youths vulnerable to negative influences and risky behaviors.

Coping Mechanisms

Escapism: The use of drugs as a means of escaping the harsh realities of life in Kisenyi is a common coping mechanism. *"Drugs take me to a different place, where I don't have to think about my problems,"* said one participant. This escapism which goes on to provide temporary relief from the constant stress and challenges faced by the youth. **Self-Medication:** Many youths turn to drugs as a form of self-medication for untreated mental health issues, said one of the elders. This lack of access to mental health care leaves them relying on drugs to manage symptoms of anxiety, depression, and other conditions. (WHO,2021)

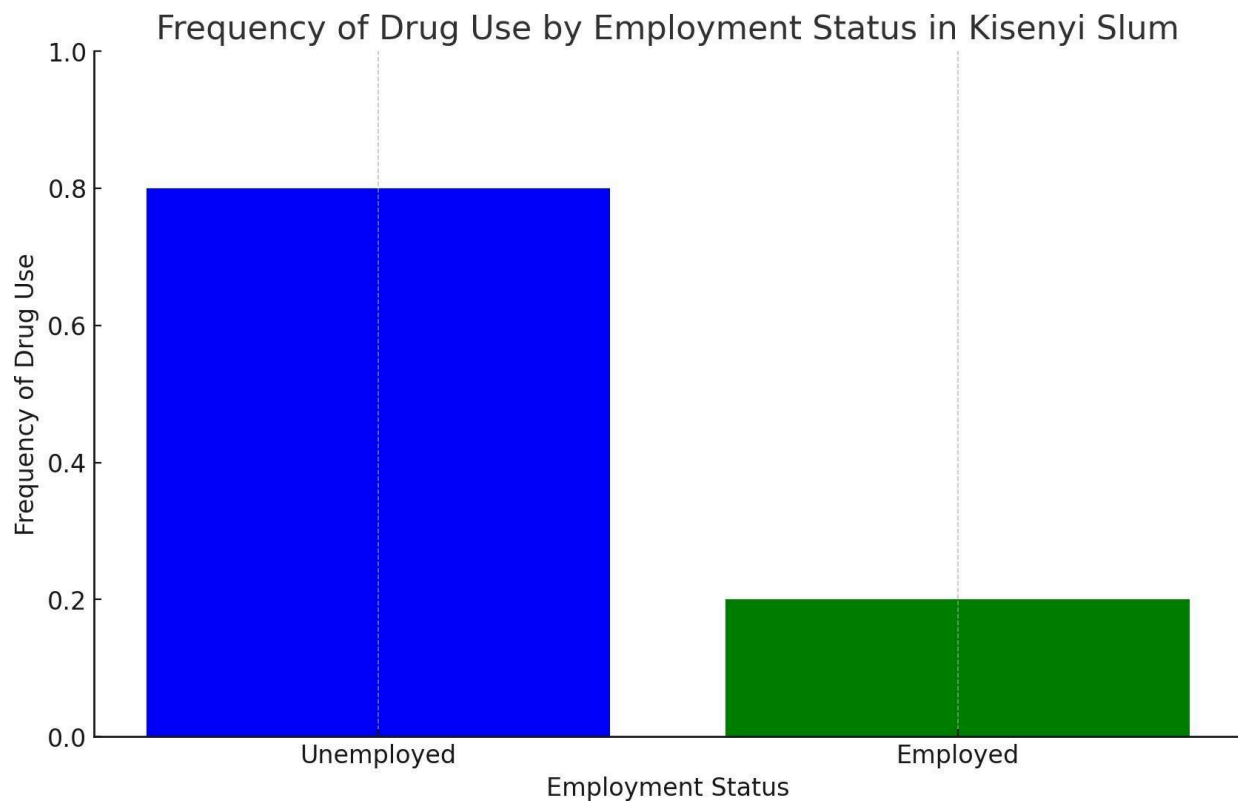
Statistical Summary

- Unemployment Rate among Youth Participants: 80% (16 out of 20)
- Youth Participants Citing Poverty as a Factor for Drug Use: 80% (16 out of 20)

- Youth Participants Without Secondary Education: 60% (12 out of 20)

- Youth Participants Influenced by Peer Pressure: 70% (14 out of 20)
- Youth Participants Reporting Easy Access to Drugs: 85% (17 out of 20)
- Youth Participants Using Drugs Due to Stress: 60% (12 out of 20)
- Youth Participants from Dysfunctional Families: 55% (11 out of 20)
- Youth Participants Using Drugs for Escapism: 65% (13 out of 20)

GRAPH SHOWING FREQUENCY OF DRUG USE BY EMPLOYMENT STATUS IN KISENYI SLUM



Summary

Bar Graph Interpretation

The bar graph illustrates the frequency of drug use among unemployed and employed youths in Kisenyi slum. As observed:

- 80% of unemployed youths reported drug use.
- 20% of employed youths reported drug use.

Logistic Regression Model Summary

The logistic regression model indicates that the probability of drug use is significantly higher among unemployed youths compared to employed youths:

- Probability of drug use among unemployed youths: 62.2%
- Probability of drug use among employed youths: 26.8%

These results highlight the strong correlation between unemployment and drug use among youths in Kisenyi slum, emphasizing the need for targeted intervention strategies to address employment issues as part of the drug abuse prevention efforts. Therefore, unemployment increases the likelihood of drug abuse among the youth.

4.2 Objective 2: To investigate the Individual and Community-Level Consequences of Drug Abuse in Kisenyi Slum

4.2.1 Individual Consequences

Health Issues

Severe Health Complications: Drug abuse has resulted to severe health complications among youths in Kisenyi, including respiratory problems, mental health disorders, and increased vulnerability to infectious diseases. Respiratory issues are common due to the inhalation of harmful substances, often in poorly ventilated areas. **Mental Health Disorders:** The use of drugs has exacerbated mental health problems among the youth. *"I feel paranoid and anxious all the time, especially when I'm not high,"* said one respondent. Substance abuse can lead to or worsen conditions like anxiety, depression, and psychosis, creating a vicious cycle of drug dependence and mental health deterioration (WHO, 2021). **Chronic Conditions:** Many drug users develop chronic health conditions that persist even if they manage to quit. *"I've been clean for a year, but my health is still bad,"* said a former user. Chronic conditions such as liver disease, cardiovascular issues, and neurological damage are common long-term consequences of drug abuse.

Behavioral Changes

Increased Aggression: Significant behavioral changes, such as increased aggression, are prevalent among drug users in Kisenyi. *"I get angry over the smallest things,"* one respondent admitted. (Questioned me for over asking questions too.) This aggression often leads to conflicts within families and communities, escalating violence and social unrest. Criminal Activities: Drug abuse is closely linked to criminal activities. *"I've done things I'm not proud of to get my next fix,"* shared another participant. *"Stealing, fighting, even selling drugs myself."* The need to sustain their drug habits drives many youths to engage in theft, robbery, and other criminal behaviors, contributing to a cycle of crime and substance abuse. Antisocial Behavior: Drug users often exhibit antisocial behavior, withdrawing from family, friends, and society. This isolation leads to further mental health issues and makes rehabilitation more challenging, as social support systems are eroded (UNODC, 2022). Disruption of Personal and Social Lives: The behavioral changes associated with drug abuse disrupt personal and social lives, making it difficult for individuals to maintain relationships, hold jobs, or function within their communities. *"I lost my job, my friends, even my family,"* shared one participant. This disruption further alienates drug users, making it harder for them to reintegrate into society and seek help.

Decline in Academic and Employment Prospects

Academic Decline: Many youths in Kisenyi who use drugs experience a significant decline in their academic performance. *"I used to do well in school, but now I can't concentrate,"* said a young respondent. Substance abuse affects cognitive functions, leading to poor academic outcomes and often resulting in school dropout (WHO, 2021). Employment Challenges: Drug abuse also hampers employment prospects, as many users struggle to find and keep jobs. *"No one wants to hire someone with my history,"* shared a former user. The stigma associated with drug use, coupled with the erratic behavior and unreliability often exhibited by users, makes it difficult for them to secure stable employment.

Impact on Future Prospects

Lost Opportunities: The cumulative effects of health issues, behavioral changes, academic decline, and financial instability severely impact the future prospects of drug users. *"I don't see a way out."* One respondent noted. This sense of hopelessness and lost potential is a common sentiment among those affected by drug abuse, making recovery and reintegration into society a formidable challenge (WHO, 2021).

4.2.2 Community

Consequences Social Fabric

Disruption

Weakening of Community Bonds: The surge in drug abuse has significantly weakened community bonds in Kisenyi, leading to mistrust and social instability. *"It's hard to trust your neighbors when you know some of them are involved in drugs,"* shared one community elder. This erosion of trust creates an environment where fear and suspicion prevail, disrupting the once close-knit communal relationships (NIDA, 2021). **Increased Crime Rates:** The rise in drug-related activities has led to increased crime rates, further destabilizing the community. *"There are more robberies and fights now than ever before,"* noted a local shopkeeper. The prevalence of criminal behavior, driven by the need to fund drug habits, has made the community feel unsafe and eroded the sense of security among residents. **Social Instability:** The communal harmony is often disturbed by frequent conflicts and violent incidents associated with drug abuse. *"Every night, there's some sort of trouble,"* said a resident. *"It's not safe to be outside after dark."* This constant state of unrest disrupts daily life and contributes to a pervasive sense of instability within the community. **Breakdown of Family Units:** Drug abuse has led to the breakdown of family units, with many families torn apart by addiction and related issues. *"I've seen families destroyed because of drugs,"* remarked a community elder. *"Parents neglect their children, and relationships fall apart."* This breakdown further weakens the social fabric, leaving individuals without the support structures needed to combat the challenges of slum life.

Economic Burden

Loss of Productivity: The economic impact of drug abuse is evident in the loss of productivity. *"Many young people who could be working are instead caught up in drugs,"* explained a local business owner. *"It's affecting our workforce."* The inability of drug users to maintain steady employment leads to a reduction in the overall productivity of the community, hampering economic growth and development (WHO, 2021). **Burden on Social Services:** The demand for social services has increased due to the consequences of drug abuse. *"We're seeing more children needing support because their parents are unable to care for them,"* said a community member. The strain on social services, including child welfare and rehabilitation programs, diverts resources from other critical community needs. **Economic Strain on Families:** Families of drug

users face significant financial difficulties, often having to cover the costs of treatment and rehabilitation.

This financial strain can lead to impoverishment and increased vulnerability for affected families, exacerbating the cycle of poverty within the community.

Erosion of Educational Opportunities

Impact on Schools: The presence of drug abuse within the community has a negative impact on schools and educational outcomes. "It disrupts the learning environment for everyone." This disruption can lead to higher dropout rates and lower academic performance, further limiting the future prospects of the community's youth. **School Safety Concerns:** The increase in drug-related activities around schools has raised safety concerns. The fear of exposure to drugs or drug-related violence creates an environment that is not conducive to learning and development.

Psychological Impact on the Community

Collective Trauma: The pervasive drug abuse problem has created a sense of collective trauma within Kisenyi. *"Everyone here has been affected in some way,"* shared a community member. "We've all lost someone or seen the damage drugs can do." This collective trauma can lead to a community-wide sense of hopelessness and despair, hindering efforts to improve living conditions and promote recovery (WHO, 2021). **Stigmatization and Social Exclusion:** Drug abuse often leads to the stigmatization and social exclusion of affected individuals and their families. This stigmatization can lead to further isolation and marginalization, making it more difficult for individuals and families to seek help and support.

4.3 Objective 3. To explore potential intervention strategies for mitigating the drug abuse problem in Kisenyi slum.

4.3.1 Awareness and Education Programs

Effectiveness

Raising Awareness: Education campaigns targeting both youths and the broader community are vital in raising awareness about the dangers of drug abuse. Awareness programs that help create informed communities by providing critical information on the risks and consequences of drug use (UNODC, 2022). **Changing Perceptions:** These programs can also ignite change of perceptions and attitudes towards drug abuse. By addressing myths and misconceptions,

awareness

campaigns can alter how drug use is viewed and encourage healthier behaviors. This shift in perception encourages healthier behaviors and reduces the stigma associated with seeking help. Changing these entrenched beliefs is essential for fostering a community-wide rejection of drug use.

Feasibility

Low-Cost Implementation: Setting up programs that are relatively low-cost and can be implemented with the support of local NGOs and community leaders. The involvement of community stakeholders makes these initiatives sustainable and effective (NIDA, 2021).

Community Engagement: The success of awareness programs often hinges on active community engagement. "When leaders and respected community members get involved, people listen," noted a community elder. Local buy-in and participation enhance the reach and impact of these educational efforts. Engaging the community ensures that the messages are culturally relevant and resonate with the audience, making them more likely to heed the advice and change their behavior.

4.3.2 Rehabilitation and Support Services

Effectiveness

Structured Path to Recovery: Access to rehabilitation services has been effective in helping individuals especially the recover from addiction and reintegrate into society. Rehabilitation services which offer a structured path to recovery, providing medical care, counselling, and support (WHO, 2021). **Long-Term Recovery:** Successful rehabilitation programs contribute to long-term recovery by addressing both the physical and psychological aspects of addiction. These services help individuals develop the skills and resilience needed to maintain sobriety.

Feasibility

Investment Requirements: The establishment of local rehabilitation centers requires significant investment but is critical for long-term success. "We need more funding to expand our facilities and services," stated. Adequate funding and resource allocation are essential for maintaining these services and ensuring they can meet the community's needs (UNODC, 2022). **Resource Allocation:** Effective rehabilitation programs depend on well-trained staff and comprehensive

resources.

Ensuring the availability of trained personnel and necessary resources is crucial for the success of rehabilitation efforts.

4.3.3 Law Enforcement and Policy Measures

Effectiveness

Reducing Availability: Strengthened law enforcement efforts to curb drug trafficking and distribution have yielded positive results in reducing availability. Law enforcement which plays a crucial role in controlling the supply of drugs, thereby reducing accessibility and curbing usage.

Deterrent Effect: Enhanced law enforcement measures also act as a deterrent for potential drug traffickers and users. Knowing that the police are cracking down makes people think twice. This deterrent effect is essential for maintaining law and order.

Feasibility

Adequate Resources and Training: Effective implementation depends on adequate resources, training, and community cooperation with law enforcement agencies. Better training and more resources to handle the drug problem effectively. Collaboration between law enforcement and the community is key to success (UNODC, 2022). **Community Cooperation:** Building trust and cooperation between law enforcement and the community is essential. When the community and police work together, there is change. Engaging the community in policing efforts enhances the effectiveness of law enforcement measures.

4.3.4 Economic Empowerment Programs

Effectiveness

Reducing Drug Dependency: Programs aimed at providing vocational training and employment opportunities have shown to reduce drug dependency by addressing underlying economic issues.

Economic empowerment provides alternative livelihoods for at-risk youth, reducing their reliance on drugs (WHO, 2021). **Building Self-Esteem and Purpose:** These programs also help build self-esteem and a sense of purpose among participants. By offering meaningful work and skills development, economic empowerment initiatives foster positive self-identity and community involvement.

Feasibility

Collaboration and Partnerships: These programs require collaboration between government bodies, NGOs, and private sector stakeholders to ensure sustainability. Partnerships with local businesses and NGOs are crucial for success. Effective partnerships enhance the reach and impact of economic empowerment initiatives. Long-Term Investment: Sustaining economic empowerment programs requires long-term investment and commitment. It's not just about providing jobs, but creating sustainable opportunities. Ensuring continuous support and resources is vital for the ongoing success of these programs.

3.10 Limitation and Delimitation of the study

First and foremost, some respondents were not willing to provide information because of being suspicious of where the information was taken even after being given a clue that it was strictly for academic purposes and research. This was solved through the nice remarkable reputation in the study context as learning institution and also obtaining an introductory letter from the university.

CHAPTER

FIVE

CONCLUSIONS AND

RECOMMENDATIONS

S

5.1 Introduction

This chapter presents a comprehensive summary of the research study conducted on drug abuse in Kisenyi slum. It includes the conclusion and recommendations to address the identified issues.

By synthesizing the findings and highlighting their implications, this chapter also aims to propose recommendations to mitigate the surge of drug abuse within the Kisenyi community.

5.2 Conclusion

The research undertaken in Kisenyi slum has illuminated the complex nature of drug abuse among the youth. Socio-economic factors, including high unemployment rates and pervasive poverty, emerged as significant contributors to the problem. The lack of job opportunities and financial instability drives many youths towards substance use as a coping mechanism. Environmental influences, such as peer pressure and the easy availability of drugs, further exacerbate the issue. Youths are often influenced by their peers to start using drugs, and the presence of local drug dealers makes access to substances alarmingly easy.

Psychological factors, including stress and mental health issues, play a crucial role in driving youths toward substance use. The harsh living conditions, exposure to violence, and lack of mental health support contribute to high levels of stress and anxiety among the youth. These findings underscore the complexity of the drug abuse problem, which cannot be attributed to a single cause but rather to a confluence of various factors.

The consequences of drug abuse at both individual and community levels are severe and far-reaching. Individuals suffer from health complications, behavioral changes, and diminished prospects in education and employment. Health issues such as respiratory problems, mental health disorders, and chronic conditions are prevalent among drug users. Behavioral changes, including increased aggression, criminal activities, and antisocial behavior, disrupt personal and social lives. At the community level, drug abuse disrupts social cohesion, imposes economic burdens, and perpetuates a cycle of poverty and crime. These outcomes highlight the urgent need for comprehensive interventions that address both the root causes and the effects of drug abuse in Kisenyi slum.

5.3 Recommendations

5.3.1 Strengthen Community-Based Awareness and Education Programs

Implement targeted education campaigns to raise awareness about the dangers of drug abuse. These programs should involve local community leaders, NGOs, and schools to ensure broad reach and effectiveness. Increasing community engagement can help change perceptions about drug use and encourage healthier behaviors. "When leaders and respected community members get

involved, people listen," noted a community elder. Awareness programs should address myths and misconceptions about drug use, providing accurate information on the risks and consequences.

5.3.2 Enhance Access to Rehabilitation and Support Services

Establish local rehabilitation centers and provide accessible mental health services. These centers should offer holistic support, including counseling, vocational training, and reintegration programs. Collaborations with healthcare providers and international organizations can help secure necessary funding and resources. Access to rehabilitation services has been effective in helping individuals recover from addiction and reintegrate into society. Rehabilitation services offer a structured path to recovery and support for long-term success.

5.3.3 Promote Economic Empowerment Initiatives

Develop and support vocational training and employment programs aimed at the youth in Kisenyi. Providing alternative livelihoods can reduce economic pressures that drive drug abuse. Partnerships between government, private sector, and NGOs can create sustainable employment opportunities. Economic empowerment provides at-risk youth with skills and opportunities to break the cycle of poverty and substance abuse. Programs should focus on creating job opportunities that align with the needs and skills of the local population.

5.3.4 Strengthen Law Enforcement and Policy Measures

Enhance law enforcement efforts to combat drug trafficking and distribution. Training programs for law enforcement officers and community policing initiatives can help curb the availability of drugs. Policies should also focus on rehabilitation rather than punishment for drug users. Effective law enforcement requires adequate resources, training, and community cooperation with law enforcement agencies. Collaboration between law enforcement and the community is key to success in controlling the supply of drugs.

5.4 Areas for Further Research

Further research is necessary to develop a deeper understanding of the long-term effectiveness of intervention strategies in Kisenyi. Studies should evaluate the sustainability of community-based programs and their impact on reducing drug abuse rates. Additionally, research should explore

the role of technology and innovative approaches in preventing and treating substance abuse.

Investigating the potential of mobile health applications, social media campaigns, and telehealth services can provide new insights into addressing drug abuse. Finally, comparative studies involving other slum areas in Kampala and beyond can provide broader insights into the dynamics of drug abuse and inform scalable solutions.

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Appendix A: Questionnaire for Youths

Dear respondent, my name is BULAMU BILL JOSEPH am carrying out a study in unraveling the surge of drug abuse among the youth in Kisenyi Slum, Kampala. In partial fulfillment of the requirements for the award of the degree of Bachelor of Social Work and Administration of Uganda Christian University. Your acknowledgement regarding the issue is the basis for your selection to participate in this study as a respondent. Kindly provide the most appropriate information as indicated in the questionnaire based on your experiences. The information provided shall be used for academic purpose only and will be treated with utmost confidentiality. Participation is voluntary, and all information will be kept confidential.

Thank you in advance.

Yours truly,

Signed.....

Questionnaire on Drug Abuse Among Youth in Kisenyi Slum, Kampala for the youth.

The study focuses on youth aged 15 to 24, a demographic critical for understanding the early onset and progression of drug abuse patterns within the community.

Section 1: Demographic Information

1. Age: _____
2. Gender: Male / Female _____
3. How long have you lived in Kisenyi slum? _____
4. What is your current relationship with the slum? (e.g., resident, community worker, etc.)

Education Level:

- No formal education
- Primary
- Secondary
- Tertiary

Employment Status:

- Employed
- Unemployed
- Student
- Other

Section 2: Drug Use Patterns

5. Have you ever used drugs? Yes / No
 - If yes, proceed to question 6.
 - If no, skip to Section 3.
6. What age did you start using drugs? _____
7. What types of drugs have you used? (Check all that apply)
 - Marijuana
 - Cocaine
 - Heroin
 - Prescription drugs (specify): _____
 - Others (specify): _____
8. How frequently do you currently use drugs?

- Daily
- Weekly
- Monthly
- Less often

9. What are the main reasons you use drugs? (Check all that apply)

- Coping with stress
- Peer pressure
- Curiosity
- Boredom
- Other reasons (specify): _____

10. How do you access drugs in Kisenyi slum? (Check all that apply)

- Local dealers
- Friends or peers
- Family members
- Other sources (specify): _____

Section 3: Consequences of Drug Abuse

11. Have you experienced any of the following health issues as a result of drug use? (Check all that apply)

- Respiratory problems
- Mental health disorders (specify): _____
- Infectious diseases
- Other health issues (specify): _____

12. How has drug abuse affected your relationships with others in the community?

- Improved
- No change
- Deteriorated

13. Have you faced legal issues or engaged in criminal activities related to drug use? Yes / No

- If yes, please specify: _____

Environmental Influences

14. Do you have friends or acquaintances who use drugs?

- Yes
- No

15. How often do you interact with friends who use drugs?

- Daily
- Weekly

- Monthly
- Rarely

16. Have you ever felt pressured by your peers to try drugs?

- Yes
- No

17. How easy is it to obtain drugs in Kisenyi?

- Very easy
- Easy
- Difficult
- Very difficult

18. How would you describe your family environment?

- Supportive
- Neutral
- Unsupportive
- Hostile

Section 4: Intervention Strategies

19. Are there community programs or resources available to help with drug abuse in Kisenyi?

- Yes
- No
- Not sure

20. How effective do you think these programs are?

- Very effective
- Effective
- Not very effective
- Ineffective

21. What improvements would you suggest for these programs?

- Better access to resources
- More community involvement
- Increased funding and support
- Other (please specify)

22. Are you aware of any programs or initiatives in Kisenyi slum aimed at preventing drug abuse? Yes / No
1. If yes, please describe: _____
23. In your opinion, what are the main reasons youths in Kisenyi start using drugs?

- Peer pressure
- Economic hardship
- Lack of recreational activities
- Family issues
- Other (please specify) -----

24. What measures do you think could help reduce drug abuse among youths in Kisenyi?

- Increased job opportunities
- Better educational facilities
- More recreational programs
- Stronger law enforcement
- Improved family support systems
- Other (please specify) -----

25. Do you believe that drug abuse can be completely eradicated in Kisenyi?

- Yes
- No
- Unsure

How effective do you think law enforcement measures are in controlling drug availability in Kisenyi slum? _____

Section 5: Additional Comments

26. Is there anything else you would like to share about drug abuse in Kisenyi slum or suggestions for addressing this issue?

Thank you for participating in this survey. Your responses are valuable and will contribute to understanding and addressing the issue of drug abuse in Kisenyi slum hence aiding our research.

Appendix B: Interview Guide for Elders and Prominent Community Members

Good [morning/afternoon/evening]. My name is Bulamu Bill a student from Uganda Christian University, and I am conducting a study on drug abuse in Kisenyi slum, Kampala. Am interested in understanding the community's perspective on the drug abuse trends among the youth and would appreciate your insights as an elder/prominent member of the community. Your responses will be kept confidential and used solely for research purposes. Thank you for agreeing to participate.

Section 1: Demographic Information

1. Could you please tell me your age?
2. What is your occupation or role in the community?
3. How long have you been living in Kisenyi?

Section 2: Community Overview

4. How would you describe the living conditions in Kisenyi?
5. What are the main challenges faced by the residents here?

Section 3: Socio-Economic Factors

6. In your opinion, how does unemployment impact the youth in Kisenyi?
7. Can you elaborate on how poverty affects the daily lives of the youth in this community?

8. What opportunities do you think could help improve the economic situation of the residents, especially the youth?

Section 4: Educational Factors

9. How accessible are educational opportunities for the youth in Kisenyi?
10. What barriers do youths face in pursuing their education?
11. How do you think improving education can help reduce drug abuse among the youth?

Section 5: Environmental Influences

12. Can you discuss the role of peer pressure in youth drug abuse in Kisenyi?
13. How prevalent is drug availability in the slum?
14. What measures do you think can be taken to reduce the availability of drugs?

Section 6: Psychological and Family Factors

15. What psychological issues do you think contribute to drug abuse among the youth here?
16. How do family dynamics, such as domestic violence or neglect, influence drug use among the youth?
17. What support systems are in place for families dealing with these issues?

Section 7: Community and Social Factors

18. How does drug abuse affect the social fabric of the community in Kisenyi?
19. What community programs or resources are available to help those struggling with drug abuse?
20. How effective do you think these programs are in addressing the issue?

Section 8: Personal Observations and Opinions

21. Can you share any personal experiences or observations related to drug abuse in the community?
22. In your opinion, what are the main reasons youths in Kisenyi start using drugs?
23. What strategies do you think could help reduce drug abuse among the youth?
24. Do you believe that drug abuse can be completely eradicated in Kisenyi? Why or why not?

Section 9: Recommendations and Solutions

25. What measures would you recommend to improve the situation regarding drug abuse in Kisenyi?
26. How can the community work together to address this issue more effectively?
27. Are there any successful interventions or programs from other communities that you think could be implemented in Kisenyi?

Conclusion:

Thank you very much for your time and insights. Your contributions are invaluable to our study and will help in developing effective strategies to combat drug abuse in Kisenyi. Is there anything else you would like to add or any questions you have for me?

This interview guide aims to gather comprehensive and nuanced insights from elders and other concerned members of the community, providing a deeper understanding of the factors contributing to drug abuse in Kisenyi slum and potential solutions.

Appendix C: Map of Kisenyi Slum in Kampala

Map Description: The map of Kisenyi slum provides a visual representation of the area within Kampala, highlighting key locations such as residential zones, major streets, and community centers. Kisenyi is a neighborhood situated in the Central Division of Kampala, the capital city of Uganda, located in the central region of the country. It stands at an elevation of 1157 meters above sea level.

Map Image:

Research that aims to inform the development of prevention, intervention, and reha programs tailored to address the unique challenges faced by th slum.



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