

**THE IMPACT OF SUBSTANCE ABUSE ON PSYCHOSOCIAL WELL-BEING OF THE YOUTHS
IN PAMBA WARD, SOROTI CITY WEST**

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**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN PARTIAL
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ABSTRACT:

The study explored the impact of substance abuse on psychosocial well-being of the youths in Pamba Ward, Soroti City West. Despite the programs, interventions and the initiatives put by the government and World Health Organization to combat substance abuse, there was still a high knowledge gap on information on substance abuse which led to low psycho-social well-being of the youths in this area. The study found out that alcohol, marijuana, opium and tobacco stood to be the most commonly abused drugs and impacted the psychosocial well-being of the youth negatively physically, socially and emotionally. The study was conducted using interview guide and focus group discussions. The study recommended that issues related to psychosocial well-being of the youth should be given priority in the interventions by involving parents, local council leaders, community, schools and religious groups at the local level to support the psychosocial well-being of the youth in the area.

DECLARATION.

I **AJWANG BRENDA WS21/MUC/BSW/003**, I hereby declare that this is my original work, is not plagiarized and has not been submitted to any institution for any award.

Sign:

Date:

DEDICATION

With a sincere and humble heart, I dedicate this dissertation to my dear parents Mr. and Mrs. Simon Charles Oyoit, Biwoye Justine and Amoding Josephine who supported me through the entire time of my dissertation spiritually, financially and emotionally which made it a success.

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APPROVAL

This is to certify that this dissertation was written by **AJWANG BRENDA Reg. No WS21/MUC/BSW/003** and has been thoroughly accessed and approved on behalf of Uganda Christian University.

Research supervisor

Name:

Sign:

Date:

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LIST OF ACRONYMS AND ABBREVIATIONS

CDC	Centers for Disease Control
DV	Dependent Variable
GBD	Global Burden of Disease
IV	Independent Variable
MoH	Ministry of Health
NDP&A	National Drug Policy and Authority
NIAAA	National Institute of Alcohol Abuse and Alcoholism
NIMH	National Institute of Mental Health
SAMHSA	Substance Abuse and Mental Health Service Administration
SCW	Soroti City West
UNODC	United Nations Office on Drugs and Crime
WHO	World Health Organization

CHAPTER ONE

1.1 Introduction

The study sought to explore the impact of substance abuse on the psycho-social well-being of the youths in Pamba Ward, Soroti City West.

Substance abuse in the study was conceived as the independent variable and was explored through the lived experiences of the youths, parents, spouses and the community. This was in terms of frequency of use, quantity of use, duration of use, age of onset and dependence and addiction. This chapter covers the background of the study, the problem statement, the research objectives and questions, justification and the significance of the study, the scope of the study, the conceptual framework of the research and the definitions of the key words used in the study.

1.2 Background to the study

1.2.1 Globally, the report from United Nations Office on Drugs and Crime (UNODC) World Drug 2022 estimates that 11.2 million people worldwide are injecting drugs. Young people are using more drugs, with use levels today in many countries higher than with the previous generation. In Africa and Latin America, people under 35 years of age represent the majority of the young people being treated for drug use disorders. Cocaine use was at a record high in 2020, growing 11 per cent from 2019 to 1,982 tons and cocaine seizures also increased, despite the Covid-19 pandemic, to a record of 1,424 tons in 2020. Nearly 90 per cent of cocaine was abused by the youth globally in 2022. UNODC World Drug 2022 data suggests that cocaine abuse is expanding to other regions of North America and Europe, with increased levels of abuse in Africa and Asia.

In Sub-Saharan Africa, about 28 million people are drug abusers and about 37,000 people in Africa die annually from diseases associated with drug abuse (6). A study by (8) revealed that Nigeria has the highest drug prevalence rate among the youth at 20.9% and followed by South Africa at 15%. Further, (9) based on a sample of 143,201 youths with a mean age of 17.5 years, established that the prevalence of drug abuse among youths in Sub-Saharan Africa was 41.6%. The drugs consumed by the youth in this study included; caffeine products (41.2%) but this was only in the West African countries. 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%) (9). Across sub-Saharan Africa adolescents aged 15 are involved in substance abuse. The overall prevalence of any substance abuse in sub-Saharan Africa is at 41.6%, with the highest rate in Central Africa at 55.5%. The use of caffeine containing products including coffee or kola nut is most predominant at 41.2% but limited to West Africa. These were followed by alcohol at 32.8%, tobacco products 23.5 khat and cannabis at 15.9%. The study reflects a high use of psychoactive substances and drugs among adolescents in sub-Saharan Africa. Therefore, it is important that interventions and rehabilitation programs are comprehensive and targeted at adolescents and parents in these settings.

In East Africa, the prevalence rate of drug abuse among the youths is 45.5%. It was projected that East Africa will have a third of all drug abusers in Africa by the year 2050 due to a high level of urbanization. This is attributed to the easy availability and affordability of drugs facilitating the abuse of drugs among youths in East Africa.

In Uganda, the prevalence of drug abuse among youths aged 15-24 years is 70.1% (12). 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 later stage. In addition, traditional cultural values influence youths' attitudes and beliefs, which in turn influence their psycho-social well-being behaviors. In Uganda, 70.1% of school-going children (15 to 24 years) use addictive substances, especially alcohol (19.3%) and Kuber (smokeless tobacco, used sublingually) at 4.4%. In addition, the prevalence of drug abuse among youths of 70.1% is a lot higher than that of East Africa which is approximated at 45.5%. The study examined the factors influencing drug abuse among the youth. The use of alcohol and other substances during adolescence and early adulthood has become a serious public health problem in Uganda. The WHO reports that the burden of disease projected that tobacco, alcohol and illicit drugs were respectively the 2nd, 9th and 20th leading cause of psycho-social disorders and even high mortality rates. This report further projected that tobacco smoking alone would lead to 1 billion deaths globally during the 21st century. (Murray CJ, Ezzati M, Flaxman AD, Lim S, Lozano R, Michaud C, et al. , 2010, 2012). There the following measures have been put by government on substance abuse, creating awareness about the side effects and the

consequences of substance abuse, providing moral support and counselling to the youth on substance abuse and proving treatment to the people who are psychologically being affected by substance abuse.

According to data from the National Institute of Alcohol Abuse and Alcoholism (NIAAA), in the United States by the age of 18, about 60% of teenagers have had at least one alcoholic drink and 29% have engaged in binge drinking (consuming five or more drinks on one occasion in the past month).

In addition, the use of tobacco products including cigarettes and e-cigarettes remains a concern among the youth. The Centers for Disease Control and prevention (CDC) reports that in U.S in 2020, 16.7% of high school students reported current use of electronic cigarettes (e-cigarettes). The monitoring future study found that in 2020, 24% of the 12th graders in the U.S has used illicit drugs in the past year with marijuana being the most used substance.

According to the World Health Organization (WHO) on 49% of the youth, depression is one of the leading causes of disability worldwide and it often begins in adolescence in 2017 and an estimated 264 million people of all ages had depression. Anxiety disorders including generalized anxiety disorders and social anxiety disorder are prevalent among young people. The National Institute of Mental Health (NIMH) reports that anxiety disorders often develop with a median age of onset at 11 years old. Suicide is a tragic outcome of untreated mental health issues. According to CDC, suicide is the leading cause of death among individuals aged 10 to 34 in the United States.(Global status Report on Alcohol. , 2004)

Substance abuse and psycho-social issues often co-occur in young individuals in Pamba Ward Soroti City West. The substance Abuse and Mental Health Service Administration (SAMHSA) reports that in 2020, among youth aged 18 to 30 with psycho-social well-being disorders were at 28.8%.

Therefore, carrying research on the impact of substance abuse on psycho-social well-being of the youths in Pamba Ward Soroti City West helped to create awareness and bridge the knowledge on substance abuse on the youths in Pamba Ward, Soroti City West. In addition, carrying out research on the impact of substance abuse on the psycho-social well-being of the youths in Pamba ward Soroti City West was important because it helped address a significant public health

concern on substance abuse and psycho-social well-being on the youth and understanding the relationship between these two factors would lead to more effective prevention, intervention and treatment strategies. Substance abuse in youth can lead to addiction and ongoing mental health challenges.

1.3 Problem statement

Despite the programs and interventions put by the government and the initiatives have been used by World Health Organization to combat substance abuse, there was still a high knowledge gap on information on substance abuse and psycho-social well-being of the youths in Pamba Ward, Soroti City West leading to low psycho-social well-being on the youth in this area. Therefore, the research investigated a range of conditions including but not limited to depression, anxiety, mood disorders, psychotic disorders and suicidal idealization and focused primarily the youth and young adults aged 18-30.

In the recent years according to the Ministry of Health (MoH 2022-2023) the escalating rates of substance abuse among the youth is at 70.1% which have raised profound concerns about the potential consequences for their psycho-social well-being. Many existing studies are cross sectional therefore, provided snapshots of substance abuse and mental health at a single point in time. Longitudinal studies tracking youths over time are needed to better understand the developmental trajectories and long-term consequences of substance abuse on mental health.

Similarly, established/investigated the casual relationship between early initiation of substance abuse and psychosocial well-being outcomes during adolescence and subsequent development of anxiety disorders in young adulthood remains challenge in Pamba Ward Soroti City West. While some research suggests that substance abuse can contribute to psycho-social well-being issues, the reverse was also true. Therefore, more research is needed to unravel the directionality of these associations like cultural background, racial, ethnic factors and how they intersect with substance abuse and psychosocial well-being in Pamba Ward Soroti City West

1.4 Research objectives

General objective

The general research objective this study sought to explore was the impact of substance abuse on psychosocial well-being of the youths in Pamba Ward, Soroti City West.

The research was focused on exploratory objectives and questions with the intent to describe and interpret a shared common experience of youths and all the affected participants. To explore the central objective, the following objectives were used to explore the topic:

1.4.1 Specific objectives

1. To determine the impact of substance abuse on psychosocial well-being of the youths in Pamba Ward, Soroti City West.
2. To investigate the various substances that exist in Pamba Ward, Soroti City West
3. To examine the existing prevention and intervention programs targeting substance abuse in Pamba Ward, Soroti City West

1.5 Research questions

1. What is the impact of substance abuse on the psychosocial well-being of the youths in Pamba Ward, Soroti City West?
2. What are the various substances that exist in Pamba Ward, Soroti City West?
3. What are the exiting prevention and intervention programs targeting substance abuse in Pamba Ward, Soroti City West?

1.6 Justification

This study was justifiable because of the following reasons below:

This study has never been done in Pamba Ward, Soroti City West

According to World Health Organization's global status report on Alcohol, (2004) stated that Uganda has one of the highest alcohol and substance abuse rates among the youth and another source that is The Substance Abuse and Mental Health Service Administration (SAMHSA) 2020 revealed 28.8% of the youth in Pamba Ward Soroti City West are involved in substance abuse

Also, due to the knowledge gap and in information of the impact of substance abuse on psychosocial well-being on the youth in Pamba Ward Soroti City West, the study findings were of great importance in filling the knowledge gap to ensure youths awareness program and initiatives on substance abuse are strong in order to enhance psychosocial well-being on the youth in Pamba Ward, Soroti City West.

The available literature in Uganda for example, MoH (2022-2023) have not put much attention in examining some of the impacts of substance abuse on psychosocial well-being on the youth such as (Donovan JE, 2004), age of on start of substance abuse thus creating a research gap in Pamba Ward Soroti City West that has to be filled.

1.7 Significance of the study

This research on the impact of substance abuse and psychosocial well-being on the youths in Pamba ward Soroti City West was:

Psycho-social well-being is an essential component of overall health and well-being. In Sub-Saharan Africa especially Uganda, psychosocial well-being is usually a low-priority issue on the list of policy makers with malaria, AIDS and maternal challenges given much attention.

Provided and insight and informed the adolescents and the young adults on the knowledge about the impact of substance abuse and this empowered the youth with information to make informed decisions about their health and well-being and this also supported education and prevention efforts.

The study/ research findings was able inform evidence-based policies, prevention programs and treatment approaches. Therefore, policy makers shall use this information to create strategies to reduce or mitigate substance abuse and promote mental health well-being among the youth.

The findings from this study shall act as an important reference to future researchers and also the study findings shall be helpful in informing psychosocial well-being and mental health policy

The finding shall guide/ inform on an understanding on how substance abuse impacts the psychosocial well-being of the youth in Pamba Ward Soroti City West and it shall give room for an early intervention that shall help prevent the escalation of substance abuse related problems on the psychosocial well-being of the youth in Pamba Ward Soroti City. This study shall also

help the researcher to attain a ward of a bachelor's degree in Social Work and Social Administration of Uganda Christian University.

Therefore, carrying research on the impact of substance abuse on psycho-social well-being of the youths in Pamba Ward Soroti City West helped to create awareness and bridge the knowledge on substance abuse on the youths in Pamba Ward, Soroti City West. In addition, carrying out research on the impact of substance abuse on the psycho-social well-being of the youths in Pamba ward Soroti City West was important because it helped address a significant public health concern on substance abuse and psycho-social well-being on the youth and understanding the relationship between these two factors would lead to more effective prevention, intervention and treatment strategies.

1.8 Scope of the study

The study aimed at investigating the impact of substance abuse on psychosocial well-being on the youths in Pamba Ward Soroti City West. There substance use as an independent variable was measured with parameters such as tobacco, marijuana, opium, khart and alcohol and looked at frequency of use, quantity of use, duration of use, age of onset and dependence and addiction of the existing drugs. While on the other hand, psychosocial well-being as a dependent variable and will be measured by low self esteem, low self resilience, school drop out domestic violence among the youth in Pamba Ward, Soroti City West and also looked at the moderating factors like government policies that is to say the existing prevention and intervention programs targeting substance abuse in Pamba Ward, Soroti City West.

1.8.1 Geographical scope

Geographically, this research was limited to Pamba Ward, Soroti City West. Pamba Ward is located in Eastern Uganda which is approximately 130km from Mbale City and it was focused on a sample of youths aged 18-30 excluding younger or older age groups and the data was collected from 5 cells of Old Mbale cell, Old Akisim cell, Mutukula Cell, Labor line and Kisenyi cell.

1.8.2 Time scope

This study was carried out between the period of October 2023 to July 2024 and the study was concentrated in reviewing and analysing literature published between the periods of 2000 to 2023.

1.8.3 Content scope

The study sought to gain an understanding of the impact of substance abuse on the psychosocial well-being of the youths in Pamba Ward, Soroti City West. The study covered substance abuse as independent variable and psychosocial well-being as dependent variable. The study was focused on substance abuse and psychosocial well-being of only the youth aged 18-30 and the moderating factors being age, attitude, gender, culture, education levels, government policies and environmental factors. The participants who were included were basically the youths.

1.9 Conceptual frame work

Independent variables

Substance abuse

- Alcohol
- Opium
- Marijuana
- Tobacco
- Nicotine
- Khart

Dependent Variables

Psychosocial well-being

Low life satisfaction
Low self esteem
Negative emotions
Low Resilience
School drop out
Domestic violence

Moderating variables

Age
Gender
Environmental factors
Attitude
Culture
Education levels
Government policies

1.9.1 Key variables

1.9.1.1 Independent variable (Substance abuse)

This was an independent variable refers to a pattern of harmful or hazardous use of psychoactive substances and it encompasses the type of substance used for example, alcohol, tobacco, opium,

illicit drugs among others which involves the frequency of use and method of consumption of the named substances.

1.9.1.2 Dependent Variables (Psycho-social well-being)

Psycho-social well-being was a dependent variable and it refers to a person's overall state of mental, emotional and social health and well-being and it encompasses a broad range of factors that influence an individual's quality of life, sense of life fulfillment/ satisfaction, self-esteem, emotions, resilience and ability to function effectively in society.

1.9.1.3 Moderating Variables

Age

Age is an important demographic variable as the study is focused on the youth aged 18-30. The researcher will consider age as a continuous variable or categorize participants in age groups.

1.9.1.4 Gender

Gender is another demographic variable that may be relevant as substance use patterns and mental health outcomes vary by gender.

1.9.1.5 Geographical location/ environmental factors

Geographical location is important, as the study focused was specifically on Pamba Ward in Soroti City West. Therefore, the researcher will explore how location influences substance use and mental health outcomes on the youth.

1.9.1.6 Education level

This variable encompassed of factors that may increase or decrease the likelihood of substance use initiation or mental health issues for example, family history, peer pressure, socioeconomic status and exposure to traumatic events.

1.9.1.7 Culture and Society

Cultural and societal variables may include local norms, values, and beliefs that could influence substance use behaviors and mental health on the youth in the area of study.

1.10 Definition of key terms of the study topic

1.10.1 Substance abuse

Substance use refers to the consumption of psychoactive substances including legal and illegal drugs, alcohol and other substances that can alter an individual's mental state, mood, perception, behavior. Substance use can be categorized patterns such as experimental use, recreational use, regular use among others.

1.10.2 Psycho-social Social well-being

Psycho-social well-being is a dependent variable and it refers to a person's overall state of mental, emotional and social health and well-being and it encompasses a broad range of factors that influence an individual's quality of life, sense of life fulfillment/ satisfaction, self-esteem, emotions, resilience and ability to function effectively in society.

1.10.3 Youths

Youth refers to a period in an individual's life that falls between childhood and adulthood for example 12 to 34 years. However, the specific range considered as 'youth' can differ from one place or organization to another.

United Nations defines youth as individuals between the age of 15 to 24 years old.

1.11 Organization of the research

This refers to the systematic structuring of the research project to ensure clarity, coherence and effectiveness in conducting and presenting the study and it involves arranging various components and stages of the research process in a logical and sequential manner such as

Chapter I: which is introduction will comprise of introduction, background of the problem, statement of the problem, purpose of the study, research objectives, research questions, significance of the study, conceptual frame work, definition of terms and conclusion.

Chapter II: which is review of the literature will comprise of; introduction, research description, conceptual or theoretical framework, and review of research (organized by variable or themes)

CHAPTER III: will is research method (or methodology) (qualitative) will constitute of; introduction, research design, research questions, setting, participants, data collection, data analysis and conclusion.

Title page includes title of the research study, names of researchers, institutional affiliations and date of submission.

Abstract includes a concise summary of the research objectives, methods, findings and conclusions.

Introduction includes background and context of the study, problem statement, purpose of the study, research questions, significance of the study and scope of the study.

Literature review includes review of existing research and theories relevant to the study, identification of gaps in the literature and theoretical framework.

Methodology includes research design, sampling method and participant selection, data collection instruments, data collection procedures, data analysis techniques and ethical considerations.

Data collection includes detailed description of how data was collected in the field including participant recruitment, consent and data gathering methods.

Data analysis includes presentation of data analysis techniques. Analysis of findings and visual representation of data for example tables, charts.

Results includes presentation of key findings, answers to research questions.

Discussion includes interpretation of results, discussion of implications and findings, comparison with existing literature and recommendations.

Conclusion includes summary of key findings, restatement of research objectives and concluding remarks.

References includes list of all sources cited in the study.

Appendices includes any supplementary materials such as questionnaires, interview guides or any additional data not included in the main body of the study.

Acknowledgments includes optional section to acknowledge individuals or organizations that supported the research.

Author biographies includes brief bios of the researchers involved in the study.

Therefore, the organization of the research helps a researcher and the readers to navigate through the research study efficiently and it ensures that the research is conducted in a systematic and transparent manner, the findings and conclusions are presented clearly.

1.12 Conclusion of the chapter

In conclusion, chapter one has provided an essential foundation for understanding the research topic 'the impact of Substance abuse on psycho-social well-being on the youth in Pamba Ward Soroti City West therefore, this chapter set the subsequent research by presenting the of introduction, background to the study. It covers statement of the problem, research objectives, research questions, justification, significance of the study, scope of the study, conceptual frame work, key variables, key terms definition of the study, organization of the research and conclusion of the chapter and therefore, this research was submitted to Uganda Christian University upon approval for the award of a bachelor's degree in social work and Social Administration.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction:

This section presents reviewed literature from various authors who have studied the problem to try to address it. Several literature are reviewed and discussed according to the objectives of the study of the impact of substance abuse and psycho-social well-being of the youths

2.2 The impact of substance abuse on psycho-social well-being of the youths

Globally, Substance abuse has become one of the growing major public health and socioeconomic issues worldwide, it has dramatically increased, particularly in developing countries like Uganda, the analysis of substance abuse is complex, due in part to its varieties, degree of secrecy, health challenges and different legal connotations surrounding its use. The use of khat (*Catha edulis*), cigarettes, heroine, alcohol and other substances is a worldwide threat which especially affects young people while the World Health Organization (2000), estimates that there are about 2 billion people worldwide who consume alcoholic beverages, of whom 76.3 million are affected by alcohol-related disorders and 9% of the global population aged 12-30 years are classified as dependent on psychoactive substances.

According to the study carried out by In sub-Saharan Africa, substance abuse among adolescents/youth has continued to be a major public health concern, albeit poorly documented across many settings. Studies have confirmed that there is a growing epidemic of tobacco, heroine and alcohol use among adolescents/youth in the developing world, especially in southern Africa and it is greatly affecting their psychosocial well-being negatively. For most youths, chewing khat is considered a method for increasing energy and elevating mood in order to improve work performance.

According to et al. Global Burden of Disease (GBD) 2010, A multi-investigator collaboration for global comparative descriptive epidemiology, the use of alcohol and other substances during adolescence and early adulthood has become a serious public health problem in Uganda. The global burden of disease projected that tobacco, alcohol and illicit drugs were respectively the 2nd, 9th and 20th leading cause of mortality globally similarly a study by national datasets, the

prevalence of alcohol, tobacco, and other drug use increases rapidly from early to late adolescence, peaks during the transition to young adulthood, and declines through the remainder of adulthood. Furthermore, the same study there is accumulating evidence showing that the initiation of substance use early in life contributes to higher levels of use and abuse later in life. Early onset is also associated with a host of later negative health, social, and behavioral outcomes including physical and mental health problems, violent and aggressive behavior, and adjustment problems in the workplace and family

According to (U.S. Department of Health and Human Services [USDHHS] (2010), The studies of families with Substance Use Disorders (SUDs) reveal patterns that significantly influence child development and the likelihood that a child will struggle with emotional, behavioral, or substance abuse problems It is estimated that more than eight million children younger than age 18 live with at least one adult who has a SUD that is a rate of more than one in 10 children. The majority of these children are younger than age 5 in the same line, (Substance Abuse and Mental Health Services Administration [SAMHSA], 2003). The negative impacts of parental Substance Use Disorders (SUDs) on the family include disruption of attachment, rituals, roles, routines, communication, social life, and finances. Families in which there is a parental SUD are characterized by an environment of secrecy, loss, conflict, violence or abuse, emotional chaos, role reversal, and fear.

The role of religion and spirituality in substance abuse and psychosocial well-being is not well defined in various literature; however, epidemiologists have tentatively considered religion as having an impact in ensuring better or poorer psychosocial well-being because it enhances sanity and mental hygiene in prevention of mental illness through education and spiritual prayer. This is necessary for medical assistance in fostering therapeutic alliance and compliance to prevent psychosocial associated disorders and disabilities among the youth (Braam, 2021). However, Braam, (2021) did not assess the relationship between religious affiliation and substance abuse thus created a research gap to be filled by this study.

2.3 The various substances that exist

According to the World Health Organization (2000), The evolution of the complex global illicit drug problem is clearly driven by a range of factors. Sociodemographic trends are influential such as the population's religions, gender, age and the rate of urbanization. The same study

reveals Cannabis remains the most widely used illicit substance in the African Region. The highest prevalence and increase in use is being reported in West and Central Africa with rates between 5.2% and 13.5%. But in Pamba Ward Soroti City West, alcohol and cigarettes is the most commonly abused drugs by the youth aged 18-30 years Amphetamine-type stimulants (ATS) such as "ecstasy" and methamphetamine now rank as Africa's second most widely abused drug type. Other substances that were abused by adolescents and youth surveyed in Sierra Leone, included benzodiazepines such as diazepam, chlorpromazine and different inhalants, while 3.7% were injecting drugs. Injecting drugs carries a high risk of infection with bloodborne viruses such as HIV, hepatitis B and hepatitis C, and the sharing of contaminated needles and syringes is an important mode of transmission for those viruses.

According to et al. Global Burden of Disease (GBD) 2010, A multi-investigator collaboration for global comparative descriptive epidemiology, the use of alcohol and other substances during adolescence and early adulthood has become a serious public health problem in Uganda. The global burden of disease projected that tobacco, alcohol and illicit drugs were respectively the 2nd, 9th and 20th leading cause of mortality globally. in addition, according to Regina K (2010), Alcohol abuse among secondary schools, in Alcohol epidemiology and policy meeting in Africa 2010. Uganda Youth development link, and Kasirye R. Preventing drug and substance abuse; a study of basic practices in Peer-Peer Prevention Programmes (PPPP) in the Eastern region. 2002, A study done on drug and substance abuse in schools of Kampala, Wakiso and Soroti found that between 60 to 71% of the youth abused illicit drugs with alcohol and cannabis taking the biggest percentages.

2.4 Existing prevention programs targeting substance abuse

Source of information associated with awareness and prevention programs and very key in substance abuse and psychosocial well-being health services. Inadequate awareness has been viewed as a research gap on substance abuse on psychosocial well-being and utilization of the mental services; therefore, the source of information is important in enhancing psychosocial well-being services at a community level (Devkota et al., 2021). This was in agreement with other author's literature (Abdel-Hady et al., 2022) and the current study findings. The study

findings of Chan et al., (2022) showed that source of information was significantly considered as an impact on psychosocial well-being (Chan et al., 2022).

Leshner A.I. (2002), confirms that, given the serious consequences of drug and alcohol abuse, considerable effort has been directed towards the youth who have developed health problems with the low success rates. In research and clinical studies, adolescent alcohol and substance abuse has been relatively neglected. According to Heath AC, Lynskey MT, Waldron M. Substance use and substance use disorder. Rutter's Child and Adolescent Psychiatry. Fifth Edition. 2008. In Uganda, there is a paucity of services and treatment programs, with the few available treatment programs and models targeting adults without appropriate attention to different developmental and child protection needs. In addition, there is no policy to guide any implementation of services to control alcohol and illicit substance use among children and adolescents in Uganda.

The continued use of these substances of abuse has a spectrum of adverse outcomes including psychological, physical, social and legal problems. Among adolescents with substance use problems, co-occurring mental disorders are common and serious (Treating adolescents for substance abuse and comorbid psychiatric disorders. *Sci Pract Perspect.* , 2003) In general, research has shown that individuals with co-occurring disorders (also called dual diagnosis) have more severe psychiatric symptoms, are more difficult to treat, incur greater costs, and have worse overall outcomes than persons with only one disorder. Physical adverse health effects have been shown in adolescent smokers, including effects on the lungs.

(Kigozi F, et al, 2010) study shows that there is also a growing recognition of the high cost of treatment and of the inability of existing treatment programs to keep up with increasing demand. Half of the admissions in the Ugandan National Mental Referral Hospital are young people with alcohol and substance use disorders These observations stimulate interest in primary prevention of alcohol and other drugs of abuse in adolescents. High psychosocial competence is one of the factors that has been stated to be protective against progressing to problematic use of alcohol and other substances. Similarly, according to (World Health Organization. , 2000’).,It is a critical starting point for policy reform aimed at promoting mental health psychosocial well-being, and for preventing and controlling illicit substance abuse by young people in Uganda. The well-established pattern of onset and progression of substance use and abuse during adolescence has

led to the development of a variety of prevention initiatives for children and adolescents. The majority of adults with substance abuse problems begin to use substances during their adolescent years and therefore relatively few prevention efforts have focused on adults. Youth-focused prevention initiatives include educational and skills training programs for young people in school settings; programs that teach parents effective ways to monitor and communicate with their children and establish and enforce family rules regarding substance use; and community-based programs that combine these components with additional mass media or public policy components for example, restricting access through enforcement of minimum purchasing age requirements. Preventing early-stage substance use or delaying the onset of use is a goal of many of these prevention initiatives. They typically focus on alcohol, tobacco, and marijuana use because these are the most widely used substances in our society. Because of their widespread use, these substances pose the greatest risk to public health. Middle or junior high school age students are most often targeted in prevention efforts because early adolescence is the time of life when substance use experimentation often begins to occur. A large body of research has examined the efficacy and effectiveness of prevention programs for adolescent substance abuse. Findings show that the most effective programs target salient risk and protective factors at the individual, family, and/or community levels, and are guided by relevant psychosocial theories regarding the etiology of substance use and abuse Hawkins JD et al. 2003.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

The general research objective in this study sought to explore the impact of substance abuse on psychosocial well-being of the youth in Pamba Ward Soroti City West. This chapter provides a description of how the study was carried out. This section generally comprises of the following as it explained the design of the investigation. This chapter consists of introduction, study design, study population, study area, sample size determination, sampling procedure, variables, data collection instruments, data management, data analysis and ethical consideration on the topic the impact of substance abuse on psychosocial well-being of the youths in Pamba Ward, Soroti City West.

3.2 Research design

The researcher used qualitative data collection which deals with case study. The case study of Pamba Ward, Soroti City West was preferred because was near and had a majority of the targeted population group and enabled the researcher to obtain data from a wider area within a short time. The researcher used qualitative research design which deals with case study, focused group discussions, interviews, and grounded theory. The reason for this design was that qualitative research design was valuable for exploring complex phenomena in depth, understanding the perspectives and experiences of individual youth, and generating rich, detailed data. It was useful when a researcher wanted to delve into the “why” and “how” of a particular issue, rather than just obtaining numerical data. Qualitative research provided insights into social and cultural contexts, subjective experiences, and the meanings people attribute to their experiences.

3.3 Study area

The study was conducted in Pamba Ward, Soroti City West. This geographical area was selected because of its proximity location to Soroti Regional Referral Hospital and Mbale Regional Referral Hospital. The study area was composed of substance abuse and psychosocial sought behaviors. Pamba Ward is located in Soroti City West, Eastern Uganda. It is approximately 10 kilometers from Soroti Regional Referral Hospital and 110 kilometers from Mbale Regional

Referral Hospital. It comprises of 13 parishes of Arapai parish, Pamba Ward Parish, Senior quaters, and Oderai Majengo Amen A, Aloet, Temele among others and it is compromised of 5 villages/ cells that is Old Mbale cell, Old Akisimcell, Mutukula, labor line and kisenyi cell.

The reason for the selected five parishes was that old Akisim, Old Mbale and Kisenyi are highly populated and have a majority of the youth involved in substance abuse while Mutukula and labor have lower population but with many of the youth too involved in substance abuse.

3.4 Source of information.

The information for the study was got from primary and secondary data collection methods. Under primary data collection the information was got directly from the participants and in secondary data collection, the information was got from published articles, journals, newspapers, social media, area local council one, religious leaders and parents.

3.5 Study population

The study targets the youths aged 18 to 30 years who have lived in Pamba Ward, Soroti City West for over two years. The researcher chose this age groups because they were be able to speak when approached during data collection. And these participants were screened using the records from the local area leadership. The entire population consisted of 15 participants from the villages of Old Mbale Cell, Old Akism, Mutukula, Labor line and Kisenyi cell.

3.6 Sampling technique

The researcher used purposive sampling which is defined by Maxwell (1997) as a type of sampling in which “a particular settings, persons, or events are deliberately selected for the important information they can provide that cannot be got as well from other sources”. This involved selecting the youth “based on a specific purpose rather than randomly to get the legible participants of the study; the youth had equal chances of being selected into a sample size using interview guides. The population of study was composed of 15 youth participants in Pamba Ward Soroti City West between the age of 18 to 30 years who were involved in substance abuse . These youths were considered to have stayed longer in Pamba Ward Soroti City West than those below or above the age bracket selected and were willing to be involved in the study and to share their knowledge. Therefore, through purposive sampling

method, participants were selected based on their knowledge and experience related to the topic having been recommended by the LC1 chairpersons of the villages, religious leaders and community members.

3.7 Sample size and selection.

Sample size was determined to yield a representative sample for proportions since the study population (percentage of the youth who are involved in substance abuse) is unknown. Therefore, 15 youth were interviewed using an interviewer guide.

Table 1: Study population and sample size

Category	Population (N)	Sample population (n)	Sampling technique
Local leaders (LC1)	13	5	Purposive sampling
Youth in Pamba Ward	12,000	15	Purposive Sampling
Total		20	

Source (UBOS, 2020)

3.8 Procedure for data collection.

The researcher got approval of a research proposal by the supervisor, an official letter introducing the researcher was acquired from Uganda Christian University that enabled the researcher carry out their research in Pamba Ward, Soroti City West and consequently interacted with the participants. To the end, the exercise of data collection was executed personally and physically. Participants were subjected to the interviews using the interview guide without leaving them behind and to avoid biased responses, and focused group discussions were also used. The key informants in mandatory offices were interviewed first and finally the youths.

3.9 Data collection instruments.

The researcher utilized a semi-structured interview guide and a focused group discussion guide to collect information.

3.9.1 Interview guide.

The interview topical guide was formulated to elicit data from study participants. This guide was intended to uphold steadiness and reliability. The interviews was preferred to be given to the local leaders who are an informed category by virtue of their offices' wide latitude to talk about the subject at length without limit.

The interview guide was constructed along with the objectives of the study. This was intended to capture adequate information on the variables of the study. This was administered to the youth who are involved in substance abuse.

3.10 Quality and error control

The research tool was pretested to ensure the validity and reliability of results. The Cronbach's coefficient Alpha was used to determine the reliability and validity of the interview guide and its outcomes ranged between substance abuse and psychosocial well-being. The concepts of validity and reliability are essential to consider when carrying out qualitative research since they help to determine the objectivity of the findings and illustrate the level of trust worthiness and credibility of research. Validity can be defined as "whether you are observing, identifying or measuring what you say you are. It was concerned with integrity of the conclusion that was generated from a piece of research. While reliability was concerned with whether the same observations would be identified if another type of method was used or if the investigation were carried out at a different time or by another researcher. Therefore reliability refers to the extent to which data collection techniques or analysis procedures will yield consistent finding. Reliability is essential to demonstrate that the data collection procedures can be repeated by other researchers, arriving at the same results (Smith, Thorpe and Jackson, 2012).

The reliability and the validity of the study depended upon the quality of the research work. An important aspect in qualitative method was that the data produced through the relationship between the researcher and the participants. Therefore, it was impossible to reproduce the interview with another researcher and that is why different researchers often get different experiences from the same participants. It was because there are different ways

to present the same event and experience. By posing different types of questions about the same topic, various kind of information about the research topic can be revealed.

Using qualitative non-standardized method in this case study is not necessarily intended to repeat this specific research as it explores a situation that might be subject to change and shows a specific reality at a specific point in time (Rossman, 2010). It used methods that are flexible to adapt to changes in the field of inquiry. Therefore, an attempt to ensure that this qualitative, non-standardized research can be replicated might not be realistic. However, the researcher also argued that another type of empirical data, such as standardized questionnaires would not have captured personal stories, in the way the semi-structured interviews will be done. Capturing voices and experiences of the youth was one of the main focus for the data collection influencing chosen methods.

The approach, strategy and methods to conduct this research was to depict every aspect of the process which are appropriate for the type of research to be engaged in. It was to ensure that conclusions were valid in relation to the research design. However study findings are not generalized beyond the specific research context because generalization is not an important aspect to this perspective (Lewis, 2012). This was because the goal was not to make statistical generalizations but rather, to expand existing concepts and theories on substance abuse among youths in a way that helps identify further areas of inquiry where results may then be generalized. Generalization about substance abuse on psychosocial well-being was limited in this research, but it might be possible to draw conclusions for a group of youth with relevant background. There are precautions taken in constructing the research instruments for instance, the interview guide; the researcher ensured that the instrument would measure what it was supposed to measure when applying qualitative standardized open-ended-in-depth interviews of substance abuse and psychosocial well-being of the youth who could be authentic source of valid and reliable data for the study.

3.11 Qualitative data analysis

Descriptive analysis using the interview guide was used to describe background characteristics of the participants and was presented in a form of semi-structured questions and the interview guide form was used to test the association between variables and also to predict the relationship between substance abuse and psycho-social well-being on the youth in Pamba Ward Soroti City

West. Consequent to the interviews, the voice and video recordings were translated accurately. Information was cleaned, revised, and analyzed following the objectives of the study. The audio recordings were played several times as transcription was going on so as to minimize information loss. After assurance of the completeness, the transcripts were assembled for data analysis. This was arrived at by familiarization with data through severally reading and revising of the data to get acquainted with information in it. This approach was emphasized as a necessity to attain quality findings. The process of familiarization provided a coding frame which facilitated the conceptual collection of the entire data and the analysis, however, it remained open to new coding. Meaningful themes related to the research objectives were identified and constructed revised and revisited severally for robustness and versatile reporting purposes and thereafter, were redefined and paraphrased to fit well into the research problem and research questions then were followed by a coherent narrative.

3.12 Ethical consideration

Ethical clearance was obtained from Soroti City council and an introductory letter from the department of social sciences Uganda Christian University and the confidentiality of the participants was assured after being introduced to the purpose of the study. Voluntary participation and informed consent from the participants was asked for. The purpose of the study was fully explained, and the participants had a right to refuse or participate in the study.

3.13 Methodological constraints

In any research there are various kinds of problems a researcher may face. The problem may emerge from various sources. This study encountered some constraints which in one way or another impacted on the outcome of the study.

First and fore most was the number of the youth to participate in the study since intially the reseacher had thought of 30 youth which was not possible because of the kind of topic that is substance abuse it was not easy to get the whole number of the youth and it also became expensive to cover all the villages and the wards and besides the bad roads. This forced the researcher to reduce the number of participants to 15 selected from five wards as shown on the table above.

Secondly, the youth expected payments and to be bought for substances so as to access information from them which made it hard for the researcher to access the youth because they thought the information was needed from them in order to put them under the law against substance abuse. On another hand, reaching to these youth was not easy because the researcher had to take a ride on a motorcycle to the different wards to reach the participants for the interviews at the prearranged times.

Thirdly, getting information from the participants was very challenging because at the beginning some of the participants were afraid to give information for fear that the researcher could be looking for information for putting them under the law against substance abuse. However, with help of the village local council chairpersons, most of them relaxed and allowed their voices to be recorded.

Lastly, there was the constraint related to researcher bias which is always a risk in any type of research study, more so, the less structured the data collection is. It is impossible to eliminate research bias. Although the researcher tried to be aware of research bias and to be vigilant of research bias. the researcher was confident to have achieved valid findings which can be used for larger population and the type of data collected leave more room for interpretation than numeric data would.

CHAPTER FOUR.

DATA PRESENTATION, ANALYSIS AND DISCUSSION.

4.1 Introduction.

This chapter presents the analysis of the study data, presentation and interpretation of the field findings and analysis of the data collected from the field. The presentation was guided by the general objective of the study that sought to explore the impact of substance abuse on psychosocial well-being of the youths in Pamba Ward Soroti City West. The interview and focus group data were organized within three themes connecting directly to the three corresponding study's sub-objectives and questions. The three themes are consequently discussed below under several sub-themes to better understand the main study theme. This case study describes the common essence of substance abuse on psychosocial well-being of the youth.

The results within this chapter will be outlined by each theme as follows: substance abuse and psychosocial well-being, the various substances that exist and the existing prevention and intervention programs targeting substance abuse. Building off the general research objective mentioned above, these three themes directly connect to the corresponding three research objectives:

- 1: To determine the impact of substance abuse on psychosocial well-being of the youths in Pamba Ward, Soroti City West.
- 2: To investigate the various substances that exist in Pamba Ward, Soroti City West
- 3: To examine the existing prevention and intervention programs targeting substance abuse in Pamba Ward, Soroti City West

To explore these three objectives exploratory interview questions were asked to participants. Depending on participants' answers, further questions were asked or expanded upon in an open-ended interview format, leading to not all questions being answered by participants. Before presenting each theme according to research objectives, general data will be outlined to give a great understanding of the range of the participants. Demographic data will be summarized including the pseudo names, age, marital status, place of origin number of children, years in substance abuse. The demographic data will be depicted in a table form to visually convey the

range of participants. This data was all self reported from participants at the beginning of the interviews.

4.2 The demographic characteristics of the youth

The study sought to use 15 (fifteen) participants from purposively selected five cells of Old Mbale cell, Old Akism cell, Mutukula, Labor lane and Kisenyi cell. The study purposively chose the youth, between 18-30 years and who have involved substance abuse and lived in Pamba Ward for more than 2 year as shown in the table below.

Table 2: Demographic characteristics of participants

S/No	Name	Age	Cell	Gender	Religion	Educ. Level	Marital status	No. Of children	Year in Substance abuse
1.	Joshua	30	Old Akisim Cell	M	Catholic	S.2	Divorced	4	3
2.	Rose	23	Old Akism Cell	F	Protestant	S.4	Single	4	2
3.	David	30	Kisenyi Cell	M	Protestant	S.2	Divorced	2	3
4.	Sam	27	Mutukula Cell	M	Protestant	S.1	Married	2	3
5.	Alfred	20	Old Akisim Cell	M	Catholic	S.4	Single	0	4
6.	Abdu	19	Old Mbale Cell	M	Moslem	P.6	Single	1	3
7.	Jane	18	Labor Line	F	Protestant	S.3	Single	1	2
8.	Phiona	30	Old AkisimCell	F	Catholic	S.6	Single	0	6
9.	Moses	25	Old Mbale Cell	M	Catholic	Tertiary	Single	0	4
10.	Stella	19	Old mable Cell	F	Catholic	S.2	Divorced	2	3
11.	Hellen	18	Old Mbale Cell	F	Catholic	S.4	Single	1	2
12.	Yusuf	30	Labor line	M	Moslem	Tertiary	Married	5	5
13.	Tom	26	Mutukula Cell	M	Protestant	S.4	Single	2	4
14.	Hamza	18	Kisenyi Cell	M	Moslem	P.6	Single	1	4
15.	John	24	Old Mbale Cell	M	Catholic	P.7	Single	2	4

Source: Primary data

Response rate

The study targeted a sample size of 15 participants and the responses indicate that all the 15 participants took part in the interview and focused group discussion and all the participants got involved in the interview exercise voluntarily without being coerced/ forced

Personal Data

The study investigated several personal data such as name, education levels, religious affiliations, age, marital status, gender differences due to social cultural aspects, political and religion, social networks and personal knowledge and experience on psycho-social well-being and substance abuse.

Age of participants

The study sought to understand participants' age in complete years. The age was grouped into one categorization that 18-30 years and the findings show that majority of the participants were youth/ young adolescents which was aimed at increasing the credibility of the interview. The study purposively selected youth between 18-30 years because the researcher felt that this is the economically active and productive period of the youth. Participants between 18-22 years of age were six. Those between 23-26 years of age were 4. They present the most economically and socially active age bracket. The last age group was between 27 and 30 years of age and they were 5 participants. The longest period stayed in Pamba ward Soroti City West is 6 years and the shortest period was 2 years.

Gender of participants

The study sought to understand the impact of substance abuse on the psycho-social well-being of the youth in Pamba ward Soroti city west. The study investigated both gender categories of the youth, that is both boys and girls in order to understand their experiences since the focus of the study was on the impact of substance abuse on psycho-social well-being of the youth.

Level of education of Respondents

The study sought to understand the different education levels of participants. During the interviews with the youth, it was discovered that a majority of the youth had secondary education backgrounds and the average level of education held by the participants was senior

two as most of them had dropped out of school before attaining the Uganda Examination Certificate. Three of the participants dropped out at primary level. 2 of the youth attended tertiary institution. However, a number of them dropped out of school at primary level and lower secondary school because of peer influence, poverty and some did not even get the chance to go to school at all because of the low income status in their families.

Place of origin of participants

The demographic data shows that most of the participants originate from Old Mbale Cell. However some came from the neighbouring cells. 5 of the 15 youth came from different villages within Old Mbale Cell. 4 of the participants originated from Old Akisim Cell while 6 youth originated from Kisenyi Cell, Mutukula and Labor line Cells had each two youth in the study.

Children born by participants

During the interviews it was revealed that most of the participants had more than one child. Only three participant was in the category of the youth who had between 0- 2 children and were the middle age participants with 20, 25 and 30 years. The majority of the participants (8) had between 2-3 children and participants with the number of children between 4 and 5 were three.

4.3 Theme one: involvement of participants in substance abuse

Theme one connects with the research objective: To determine the impact of substance abuse on psychosocial well-being of the youth in Pamba ward Soroti City as they got involved to substance abuse. The study sought to establish the involvement of participants in substance abuse. The study found out that a majority of youth have experience substance abuse for about two or more years. The common sub-themes that developed were; the youth involved in substances like; alcohol, opium, marijuana, tobacco and nicotine. They also have gotten involved in activities like injecting drugs, sniffing of petrol and this is possibly because there is less attention put on substance abuse in the recent years, poverty, peer influence and unemployment.

In an interview with one of the participants from Old Mbale cell, she said, “ *I dropped out of school in S.4, this was because my family was poor , I was a total orphan and could not afford to*

cater for my school fees and other school requirements, because of peer influence, I dropped out of school and as time went by I got pregnant at a very young age of 19 years and then because peer influence and unemployment I got involved into substance abuse, that ended my dream of continuing with my education”.

4.3.1 The impact of substance abuse on psycho-social well-being

To determine the impact of substance abuse on psycho-social well-being of the youth. To ease analysis, the study looked at the responses of the different youth during interviews and focused group discussions they took part in.

The majority of the youth are facing negative psycho-social impact on their health, social, and behavioral outcomes including physical and mental health problems, violent and aggressive behavior, and adjustment problems in the workplace and family because of substance abuse. Though some of them said, their involvement in substance abuse helps them to have a restful sleep and even have enough energy to perform their duties well.

Also during an interview with one of the participants from Old Mbale Cell/village aged 23, a mother of four children in her statement she said “ *she uses substances specially alcohol because of poverty and unemployment, she also added that, substance abuse has affected her psycho-social well-being to some extent positively it helps her to sleep but to a larger extent, it has caused her social isolation from her neighbors which led to trauma”.*

In the focused group discussion, with the participants from Old Akisim Cell and Mutukula cell, they expressed their views they said “ *substance abuse has affected their psycho-social well-being negatively that is health wise, socially and financially. And because of all these, it has costed them to drop out of school, low self-esteem, isolation from public because of the smell of substances in their bodies, many people do not want to associate with them”.*

4.4.2 The various substances that exist

To investigate the various substance that exist and are commonly used. The study looked at the impact of these substances on the psycho-social well-being of the youth So roti City particularly in Pamba Ward. It also looked at the different types of substances abused by the youth in this area.

The access of these substances such as alcohol, tobacco, marijuana, opium and nicotine has created a great negative impact on the youth, their families and the community at large. This is because there are no serious restrictions and policies on alcohol use in the area. The existence of these substances has created poor eating habits among the youth, a lot of poverty in their families and school drop out because they are so much concentrating into substances than planning for their well-being. Therefore, youth to substances have lowered their self esteem and their psychosocial well-being

One of the participants from labor line cell aged 18 years said, “ *I got access to the existing substances like alcohol, tobacco and opium through peer pressure, poverty from my family which made them(family) to fail to pay for my school fees and I dropped out of school at the age of 18 years in S.3 and because of peer influence, I got access to substances and now because of substances especially alcohol, opium and tobacco, I am not able to take care of myself well because all the little money I get I use it for buying alcohol because nowadays, if I have not taken it I can not sleep since I have a lot of stress and emotional disorders*”.

In addition another participant from Kisenyi cell aged 30 years explained how he got to know about the existing substances like nicotine and marijuana and started abusing them, *he said “ I got to know the existing substances in the area because of unemployment, poverty and domestic violence in my family. Therefore, because of these substances I have also been able to sleep well when I reach home, it has also helped me to a certain extent get relieved from stress*”.

In an interview in one of the focus group discussions with a group from Old Mbale cell and Old Akisim cell, they said “*they got to know of the existing substances in the area because of their family back grounds that is to say, they are from families where abusing these substance is normal, there was less parental care given to them, they are from low income families but with many children where by the family was not able to educate all of them so the only option they had after dropping out of school was to start abusing substances as a way of relaxing and socializing with friends to relieve themselves from stress and trauma*”.

4.4.3 The existing prevention and intervention programs targeting substance abuse.

The findings agree with Heath AC, Lynskey MT, Waldron M. Substance use and substance use disorder. Rutter's Child and Adolescent Psychiatry. Fifth Edition. 2008. In Uganda, there is a

paucity of services and treatment programs, with the few available treatment programs and models targeting adults without appropriate attention to different developmental and child protection needs. In addition, there is no policy to guide any implementation of services to control alcohol and illicit substance use among children and adolescents in Uganda. Given the current study, many youth in Pamba Ward So roti City west are involved in substance abuse and abusing different kinds of substance with alcohol, marijuana, opium and tobacco being the commonly abused drugs but with limited attention being put to guide the use of substance among the youth.

In addition, in an interview with one of the participants from labor line cell aged 24 he said, “ *there are prevention and intervention programs targeting substance abuse including like youth preventive initiatives are in place, like public awareness campaigns, treatment programs, and law enforcement in Uganda and Pamba Ward Soroti City West but only that the youth and the community at large are paying less attention on the programs and they abuse the presence of the programs*”.

In an interview in one of the focus group discussions with groups from Old Akisim cell and Old Mbale cell they said “ *there are no serious prevention and intervention programs put in place to guide and control substance abuse in the area, that is to say even parent involvement is limited in helping the youth on issues of substance abuse*”.

4.5 Conclusion of the chapter

This chapter has provided a detailed analysis of the findings based on research objectives. With responses from the participants, the study showed that substance abuse is negatively affecting the psycho-social well-being of the youth in Pamba Ward So roti City West. The study also through the testing of validity and reliability of the results showed that alcohol, marijuana, opium and tobacco are the commonly abused substances by the youth and with the aid of correlation tests, the study showed that there is a strong, negative relationship between substance abuse and the psycho-social well-being of the youth in Pamba Ward So roti City West.

CHAPTER FIVE

SUMMARY AND DISCUSSION OF FINDINGS

5.1 Introduction.

The general research objective in this study sought to explore the impact of substance abuse on the psychosocial well-being of the youths in Pamba Ward, Soroti City West. This chapter therefore, sought to explore the discussion of findings of the study based on the study objectives.

5.2 Summary of findings.

The general research objective in this study sought to explore the impact of substance abuse on the psycho-social well-being of the youths in Pamba Ward, Soroti City West. The study found that substance abuse played a negative role on the psycho-social well-being of the youths.

The first objective of the study was to determine the impact of substance abuse on the psycho-social well-being of the youths in Pamba Ward, Soroti City West. Basing on the majority of the participants said, alcohol, marijuana, opium and tobacco stand to be the most commonly abused drugs with poverty, unemployment and peer influence being the most common reasons for substance abuse and because of these, it has impacted their psychosocial well-being negatively that is physically they are not able to concentrate on productive activities, socially, they are staying in a life of isolation since most people do not want to associate with them because of the smell of alcohol in their bodies especially when they sweat.

But on the other hand, a small number of the youth according to the findings said, substance abuse has impacted their psychosocial well-being positively in a way that it helps them to get of stress, helps to sleep and also get energy to do garden work

The second objective was to investigate the various substances that exist in Pamba Ward Soroti City West. Basing on the majority of the participants, the various substances that exist in the area include alcohol, opium, marijuana, nicotine, tobacco, khart and petrol.

The third objective was to examine the existing prevention and investigation programs targeting substance abuse in Pamba Ward, Soroti City West. Basing on the majority of the participants, there are no serious and stricked policies and programs targeting substance abuse. In addition,

even parenting involvement on parenting especially on substance abuse among the youth is very limited.

5.3 Discussion of findings

The discussion of results was presented according to specific research objectives. Generally, the study found out that the impact of substance abuse on psycho-social well-being of the youth in Pamba Ward Soroti City West has greatly affected the psychosocial well-being of the youth negatively on the majority

5.3.1 To determine the impact of substance abuse on psycho-social well-being of youth in Pamba Ward Soroti City West.

The findings also agree with et al. Global Burden of Disease (GBD) 2010), (U.S. Department of Health and Human Services [USDHHS] (2010), who established that substance abuse associated with a host of later negative health, social, and behavioral outcomes including physical and mental health problems, violent and aggressive behavior, and adjustment problems in the workplace and family. Findings also with (U.S. Department of Health and Human Services [USDHHS] (2010), that families with Substance Use Disorders (SUDs) reveal patterns that significantly influence child development and the likelihood that a child will struggle with emotional, behavioral, or substance abuse problems. Given the current study, many youth in pamba Ward Soroti City West, are involved in substance abuse and it has affected their psycho-social well-being negatively that is physically, emotionally and socially with a lot of violence and aggressive behaviors in their families. The findings agree with some of the participants who said “ substance abuse has negatively affected their psycho-social well-being in the family that is to say emotionally there is violence in the family”.

5.3.2 To investigate the various substances that exist in Pamba Ward Soroti City West.

The findings are in agreement with many studies that indicate alcohol and tobacco (cigarettes), marijuana are the common substances that exist and abused by the youth. For instance, World Health Organization (2000), and Peer-Peer Prevention Programmes (PPPP) in the Eastern region. 2002, found out that the most common substances that exist and are abused by the youth are alcohol and illicit drugs. Given the current study in Pamba Ward Soroti City West, there are many substances that exist including khart, opium, marijuana, alcohol and tobacco and they

abused by the youth in the area. The findings are in agreement according to one of the participants who said “ all the above named substances exist in the area and are being abused by many of the youth in Pamba Ward Soroti City West”

The Findings are also in agreement with et al. Global Burden of Disease (GBD) 2010, and Regina k (2010) who said that alcohol and illicit drugs commonly exist and are abused by most of the youth in the secondary schools. The findings according to some of the participants during the interview and in agreement they said “ it is not a rumor but these substances exist and available in the area and they are abused by the youth because of different reasons for instance, peer pressure, family background, unemployment and poverty”.

5.3.3 To examine the existing prevention and intervention programs targeting substance abuse in Pamba Ward Soroti City West.

(Devkota et al., 2021). This was in agreement with other author’s literature (Abdel-Hady et al., 2022) and the current study findings. The study findings of Chan et al., (2022) showed that source of information was significantly considered as an impact on psychosocial well-being (Chan et al., 2022 and inadequate awareness and information about substance abuse among the youth was viewed as a gap.

The findings also agree with Heath AC. Lynskey MT, Waldron M. Substance use and substance use disorder and Rutter's Child and Adolescent Psychiatry. Fifth Edition. 2008. who said that in Uganda, there is a paucity of services and treatment programs, with the few available treatment programs and models targeting adults without appropriate attention to different developmental and child protection needs. In addition, there is no policy to guide any implementation of services to control alcohol and illicit substance use among children and adolescents in Uganda. The findings are in agreement according to some participants during the interview who said “ that there are serious programs and policies, limited / inadequate awarenaess and information put in place to control and guide use and abuse of substances in Pamba Ward Soroti City West”.

But according to (Kigozi F, et al, 2010), World Health Organization (2000) and me(researcher) disagree on the above statements, during the current findings and interviews with different participants it was discovered that prevention initiatives for children and adolescents are in place and implemented but only neglected by the parents and the youth themselves. The majority of adults with substance abuse problems begin to use substances during their adolescent years and

therefore relatively few prevention efforts have focused on adults. Youth-focused prevention initiatives include educational and skills training programs for young people in school settings; programs that teach parents effective ways to monitor and communicate with their children and establish and enforce family rules regarding substance use; and community-based programs that combine these components with additional mass media or public policy components for example, restricting access through enforcement of minimum purchasing age requirements. Preventing early-stage substance use or delaying the onset of use is a goal of many of these prevention initiatives. In addition, Hawkins JD et al. 2003, disagrees with the findings that there are no prevention and interventions targeting substance abuse because in his finding he found out that A large body of research has examined the efficacy and effectiveness of prevention programs for adolescent substance abuse. Findings show that the most effective programs target salient risk and protective factors at the individual, family, and/or community levels, and are guided by relevant psycho-social theories regarding the etiology of substance use and abuse which I also concur with him because programs like youth preventive initiatives are in place, National Drug Policy and Authority (NDP&A) by the World Health Organization (2000) is in place to coordinate and control drug abuse through initiatives like public awareness campaigns, treatment programs, and law enforcement in Uganda and Pamba Ward Soroti City West.

CHAPTER SIX

CONCLUSIONS AND RECOMMENDATIONS

6.1 Conclusions

The study investigated the impact of substance abuse on psycho-social well-being of the youths in Pamba, ward Soroti City West. Substance abuse affects negatively the psycho-social well-being though there are other factors that affect the psycho-social well-being of the youth including technology and media, life events like rape, cultural and societal influences and personal factors among others.

The major impact of substance abuse on psycho-social well-being are emotional, physical and social affects. In Pamba ward Soroti City West, the substances like alcohol, marijuana, opium and tobacco are more likely to influence the behaviors of the youth in the area. Additionally, substance abuse is most likely to affect the self esteem, self confidence and personal potential to concentrate in school, participate in physical, social, political and economic opportunities because they are not able to present themselves freely and openly in the community because they stay in isolation in Pamba Ward Soroti City West.

The study found that the existence of substances like alcohol, marijuana, tobacco and opium are some of the determinants on psycho-social well-being and behaviors of the youth in Pamba Ward Soroti City West. However, a few of participants did not consider substance abuse as one of the key determinants for their psycho-social well-being because of the access to health care services and preventive intervention programs put in place to control and guide substance abuse.

The study found a strong negative significant relationship between substance abuse and psycho-social well-being of the youth in Pamba Ward Soroti City West. The existence of substances such as alcohol, marijuana, opium and tobacco with inadequate parents involvement and inadequate information on substance abuse has increased youth access to substances which has affected psycho-social well-being of the youth socially, physically, economically and emotionally.

The present study revealed that young adult/ youth age bracket (18 years and above), low education levels, low income families and peer influence were significantly associated with the increased likelihood of substance.

Involvement of parents and integration of prevention and intervention programs targeting substance abuse to increase awareness are important in reducing substance abuse among the youth hence enhance the psychosocial well-being of the youth in Pamba Ward Soroti City West.

6.2 Recommendations

The study found average levels of agreement regarding how substance abuse has affected the psychosocial well-being of the youth in Pamba Ward Soroti City West. In addition, the study also found that majority of the youth got involved into substance abuse because of peer influence and poor income backgrounds which made them to drop out of school and get into substance abuse.

There is a need to consider alternative intervention strategies involving parents, community and religious groups. Issues related to psychosocial well-being of the youth should be given priority in the interventions involving of parents, local council leaders, community, schools and religious groups at the local level. This can be achieved effectively only if all these agencies function as a close network under one umbrella. Their initiatives would help build the base for promoting positive family practices, social norms favorable to the psychosocial well-being of the youth in the area.

Substance abuse prevention and intervention programs should effectively be implemented through religious, local council parents involvement and should be effectively monitored. In addition, Psychosocial well-being clinics and counseling services should be established in Pamba Ward Soroti City West to ease accessibility of services and the psychiatric health interventions targeting the youth should be promoted in the ministry of health Uganda, so as to increase psycho-social well-being of the youth

6.3 Areas for future research.

Future study should focus on “Demographic, technology and media factors influencing substance abuse and the psychosocial well-being of the youth in Pamba Ward Soroti City West”.

Future researchers should examine the the failures of the existing prevention and intervention programs put in place targeting substance abuse.

The study found that substance abuse is not the only factor responsible for the psychosocial well-being of the youth in Pamba Ward Soroti City West. Future researchers should consider

investigating other factors for substance abuse and psychosocial well-being of the youth in Pamba Ward Soroti City West.

6.4 Limitations to the study.


Covering a sample size of 15 participants in five wards was very hectic for the researcher. However, the researcher exercised patience to ensure a good number of the youth take part in the study.

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APPENDICES

APPENDIX 1: INTRODUCTORY LETTERS

 UGANDA CHRISTIAN UNIVERSITY
A Centre of Excellence in the Heart of Africa
MBALE UNIVERSITY COLLEGE

Office of the Academic Registrar

To THE TOKW CLERK
JORDI CITY

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

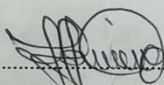
We are honored to introduce to you Mr. Mrs./Miss. AIWANG BREUDI
Of Registration Number; WIS21MUC/BKW1003 pursuing a Masters'
Degree/Postgraduate Diploma / Bachelor's Degree SOCIAL WORK AND SOCIAL ADMINISTRATION


He/ she is required to carry out an academic research on the topic
THE IMPACT OF SUBSTANCE ABUSE ON PSYCHOLOGICAL WELL-BEING OF THE YOUTH IN PAMBA WARD, JORDI CITY WEST

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


19 FEB 2024



THE REPUBLIC OF UGANDA
 In any correspondence on SC/CR/221/1
 In this subject please quote No.
 Your Ref:

SOROTI CITY

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 Email: citysoroti@gmail.com
 Website: www.soroticity.go.ug

25th March 2024

Ajwang Brenda
 Uganda Christian University
 P. O. Box 211
 SOROTI 'U'

APPROVAL TO CONDUCT RESEARCH ON THE IMPACT OF SUBSTANCE ABUSE ON PSYCHO-SOCIAL WELL-BEING OF THE YOUTH IN PAMBA WARD SOROTI CITY WEST

This is in reference to your communication of 19th February 2024 requesting for approval to conduct research on the above topic in Pamba Ward.

I am glad to inform you that my office has no objection in granting you the approval to carry out the research in Soroti City.

The LCI of Pamba Ward is asked to accord the researcher all the necessary assistance needed.

Wish you well in your research.

Obore James
FOR: TOWN CLERK



Cc: His Worship the Mayor, **Soroti City**
 Cc: Resident City Commissioner, **Soroti City**

APPENDIX II: CONSENT FORMS

INFORMED CONSENT FOR RESEARCH STUDY PARTICIPATION:

THE IMPACT OF SUBSTANCE ABUSE ON THE PSYCHOSOCIAL WELL- BEING OF THE YOUTH IN PAMBA WARD SOROTI CITY WEST.

You are invited to participate in a research project that will be conducted by **AJWANG BRENDA REG NO. WS21/MUC/BSW/003** , who is a student Bachelor of Social Work at Uganda Christian University Mbale University College. This study will explore the impact of substance abuse on the psychosocial well-being of the youth.

There will be 15 youth who will participate in the study. The study procedures will include answering questions regarding the impact of substance abuse on psychosocial well-being, the various substances that exist, the existing prevention and intervention programs targeting substance abuse. Substances include tobacco, alcohol, marijuana, opium and khat. These questions will include those regarding your psychosocial well-being. During the interview, you will be asked a series of questions and your responses will be typed in my devices. Each individual's participation in this interview will last approximately 45 minutes to one hour. This study will also include a focus group discussion, in which you will be expected to share your experiences with other youth in your cells. This activity will last approximately one and a half hours. All your responses in this procedure will be typed and audio taped.

This research will be anonymous, meaning there will be no information about your personal identity and there will be no linkage between your identity and the response in the research. Your name will not be included on the document with your responses. If the result of this study at one time is published and presented at conferences and workshops or seminars, only group results will be released. Therefore, I can state that there are no foreseeable risks to participation in this study.

The primary benefit of this study is to provide me the data to support my dissertation writing. All information gathered was developed and analyzed with a thorough interpretation in the process of answering my research questions. As a subject of the research, you will have benefits from this study when the result is being used in developing further research and in

policy making that aims to improve the psychosocial well-being of the youth in this area through access to mental health services.

Participating in this study is voluntary. You may choose not to participate and you withdraw at any time during the study procedure without any penalty to you. In addition, you may choose not to answer any questions with which you are not comfortable.

If you have any questions regarding this study or the study procedure, you may contact me at:

AJWANG BRENDA

TESO COLLEGE ALOET

PRIVATE BAG, SOROTI, UGANDA

Telephone: 0788263528 or

Email: bajwanga1996@gmail.com

You may also contact my University Supervisor on:

Telephone: 0772466346 or

Email: pimerjessica@gmail.com

If you have any further questions about your rights as a subject research, you may contact the Coordinator, Research at Uganda Christian University.

You will be given a copy of this content form for your records. Please sign below if you agree to participate in this study.

Subject Name:

Subject signature:**Date:**

Thank you.

Audio Tape Consent Form

Dear Participants,

You have already agreed to participate in a research study entitled: The Impact of substance abuse on the psychosocial well-being of the youth, conducted by **Ajwang Brenda, Reg. No.WS21/MUC/BSW/003**. I and my team are seeking your permission to allow us to audio tape the activities of this participation as part of that research study. You do not have to agree to be recorded in order to participate in the main part of the study.

The recordings will be used to capture the originality of the statements and enable me to transcribe and translate them into written format without missing any part of the contents.

The recordings will include no name but pseudo names will be provided for each participant. The recordings will be stored with no link to subjects' identity and will be destroyed upon the completion of study procedures. Your signature on this form will grant the investigator named above permission to record you as described above during participation in the above-referenced study. The investigator will not use the recordings for any other research other than those stated in the consent form without your written permission.

Subject Name:

Subject signature: Date:

Thank you all for your honest participation during this interview.