

PSYCHOLOGICAL EFFECTS AND MEASURES TO PUT IN TO PREVENT EFFECTS OF DRUG ABUSE AMONG STUDENTS OF PUBLIC SECONDARY SCHOOL IN EMBAKASI CONSTITUENCY IN KENYA. A CROSS-SECTIONAL STUDY.

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Page | 1

Abstract

Background

In the African continent, it was said that 61% of people who got treated for drug abuse often displayed serious psychological disorders and mostly were cannabis users and 2/3 of them were youth.

Methodology

A cross-sectional study utilizing quantitative data was conducted. A simple random technique was used to select 60 respondents. Findings were displayed in table form tables in percentage form.

Results

15(25%) of the respondents agreed that poor educational attainment is a symbol of the psychological effects of drug abuse on students, those who decrease their ability to concentrate 5 (8%) Emotional mental illnesses 10 (16%), Indiscipline of in school environment 12 (20%) and lastly Students performance. Mostly identified effects were, sexual abuse, drug addiction, alcoholism, financial problems at home, and incurable diseases, this is especially true when the student is in a terminal phase—the psychological Effect of drug abuse on students results in poor educational attainment. Respondents had attained a certificate of education with a percentage of 10(16%), followed by a diploma of 30 (50%), and the majority of the respondents with a bachelor's degree with a percentage of 15(25%), Masters with 5(8%).

Conclusion

Drug use may serve as a maturational 'snare' that keeps some students engaged in deviant peer groups as others move on to more normative groups, thus having a long-term direct effect on educational attainment.

Recommendation

Schools should enforce strict rules on alcohol and drug abuse by requiring all social events during orientation of first years to be alcohol-free, disseminating responsible host guidelines for both on- and off-campus parties, install a responsible beverage service program, eliminate residence hall delivery of alcohol purchases, advertise food and activities, such as dancing or sports, rather than drinking as the focus of the event.

Keywords: Psychological effects, Drug abuse, Student performance.

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Background

In the African continent, 61% of people who got treated for drug abuse were often displayed with serious psychological disorders mostly cannabis users and 2/3 of them were youth. The Substance Abuse and Mental Health Services Administration provided a report that 9.8 million adults aged 18 and above in the United States had undergone a serious mental illness, among which 1.7 million of them aged 18 to 25 (Paulo, 2017). Meanwhile 15.7 million of the adults aged 18 or above and 2.8 million youth aged 12 to 17) experienced a major depressive episode during their past years (Capri, 2024). In 2014 there were an estimated 22.5 million Americans aged 12 and above who reported themselves to get alcohol or illicit drug use treatment (Capri,

2024). Among them, 11.8 million adults reported asking for mental health treatment and counseling as well in the past years. 22 million people in Europe were using Marijuana whereas 70% of the global population who were using opium and their derivatives accounted for Africa and Asia (Paulo, 2017).

Tobacco kills More than 8 million people are killed by tobacco use each year including an estimated 1.3 million non-smokers exposed to second-hand smoke, of the 1.3 billion tobacco users in the world, 80% live in low and middle-income countries, (WHO, 2023). In 2013 East Africa was a major target for traffickers who wanted to enter African markets and this would be easier due to its unprotected coastline, major seaports and airports, and

porous land borders that provided many entries and exit points (Paulo, 2017). Abuse of drugs like Mandrax comes at a steep price of dangerous effects ranging from slurred speech and convulsions to a reduction in heart rate, numbness of extremities, and diverse consequences with severe cases becoming fatal (Meyer, 2017). In 2019, disorders associated with drug abuse were linked to about 18 million years of healthy life lost with about 180000 deaths directly linked to substance abuse disorders, and another 0.5 million deaths were associated with illicit drug use (Onaolapo et al, 2022). The study aims to assess the psychological effects and measures to put in to prevent the effects of drug abuse among students of public secondary school in Embakasi constituency in Kenya

Methodology Research Techniques

A cross-sectional study utilizing quantitative data was conducted. This method was preferred because it is an ideal method that eases the collection of information from the respondents at both individual and group levels. The research findings were displayed in table form with figures in percentage form.

Study population

The targeted population for this research combined some of the stakeholders involved in the educational field such as the District Academic Officer, District Supply & Logistic Officer, Academic Masters, Discipline Masters, Class Teachers, Students, and Parents. The targeted population for this research was 60 respondents.

Sample size

The simple random technique was used where for 60 respondents of which 10 were the District academic Officer, District Supply & Logistic Officer, 14 Discipline Masters, 20 youth, and 16 parents.

Data collection methods

The main instruments used in collecting data involved questionnaires and interviews.

Primary sources Questionnaire

Closed-ended questions were used as a method of collecting quantitative data. These questionnaires were distributed to the selected respondents at different levels and specializations. The researcher opted to use closed-ended questionnaires to avoid irrelevant information from the respondents. This method was also helpful for the researcher to be consistent and systematic in data analysis. (Kothari, 2004) pointed out that close-ended questions are simple to administer and relatively inexpensive to analyze. English and Kiswahili languages were used whereby two sets of questionnaires were designed for the respondents in such as

Secondary Sources

This is what was referred to as the documentary analysis. The information collected from the field was supplemented by secondary sources like textbooks, newspapers, the internet, and other related information about the topic under study.

Data analysis

Quantitative approaches were used to present the findings obtained from the field. Data was collected and presented using the statistical tabulation through the Microsoft Excel table and other statistical tools that were to interpret and analyze the data.

Ethical consideration

All the participants were informed of the type the study and the participants to opt on if they could participate or not. Participants' participation was voluntary at all times. All respondents were guided not to show their names on top of the questionnaires to keep confidentiality. Strict confidentiality was maintained by separating information from different questionnaires and all information provided by participants was treated as confidential. A clear statement on confidentiality which was written on the cover letter of the questionnaires was made and sincerely guaranteed. The data which respondents provided was only used for academic purposes.

Results Demographic characteristics

Gender Distribution the Respondents

Table 1: Sex of the respondents

Gender	Number of respondents	Percentage (%)
Male	25	42
Female	35	58
Total	60	100

Source: Primary data 2020

Table 1: the male respondents account for (25) 42 % whereas the female respondents account for (35) 58%. This means that male respondents were more willing to give information as compared to their counterparts the females

the reason for the above statistics of Females outweighing males is that female students are mostly affected by drug abuse

Age of the Respondents
Table 2: Age of the Respondents

Respondents Age bracket	Frequency	Percentage (%)
15-20	25	41
36-45	20	33
46-50	10	16
50 above	5	8
Total	60	100

Source: Primary data 2020

Table: Regarding the age group of the respondents, the majority of the respondents were in the active age group of 15-20 years with a percentage of 25 (41.6%), followed by the 36-45 age group with 20(33.3%), then 46-50 years with a percentage of 10 (16.6%), and then 50 and above with (

5) 8.3%. This is an indicator that most students between the ages of 15-20 experienced drugs which results in several dropping out of school before graduation are more likely than their peers to be users of cigarettes, alcohol, marijuana, and other illicit drugs.

Education Level of the Respondents.
Table 3: Education Level of the Respondents.

Level Education	Frequency	Percentage (%)
Certificate	10	16
Diploma	30	50
Degree	15	25
Masters	5	8.3
Total	60	100

Source: Primary data 2020

Table 3, respondents had attained a certificate of education with a percentage of 10(16%), followed by a diploma of 30 (50%), and the majority of the respondents with a bachelor's degree with a percentage of 15(25%), masters with 5(8%). The above information showed that administrators were able

to read and write, present reports, access learners, counsel students, and detect students who are using drugs, therefore that is why most managers in the educational field were educated with minimum certificate and above.

Psychological Effect of drug abuse on student
Table 4 Shows Psychological Effect of drug abuse on Student

Psychological Effect of drug abuse on student	Frequency	Percentage (%)
poor educational attainment	15	25
Pupils cognitive abilities, for instance, by decreasing their ability to concentrate	5	8
Emotional mental illnesses	10	16
Students performance	23	38
Indiscipline of in the school environment	12	20
Total	60	100

Research 2020

Table 4, 15(25%) of the respondents agreed that poor educational attainment is a symbol of the psychological effects of drug abuse on students, those who decrease their ability to concentrate 5 (8%) Emotional mental illnesses 10 (16%), Indiscipline in school environment 12 (20%), and lastly Students performance. The most identified effects of

drug abuse on Students' performance such as sexual abuse, drug addiction, alcoholism, financial problems at home, and incurable diseases, this is especially true when the student is in the terminal phase. This reached to conclusion that the Psychological Effect of drug abuse on students results in poor educational attainment among others

Table 5: Measures to Level Drug Abuse and Substance Prevention

Measures to Levels of Drug and Substance Prevention	Frequency	Percentage%
Legal trafficking of narcotics or other controlled substances as long as a matter of policy is concerning.	25	42
The programs must provide knowledge on the effects of drug abuse, and life skills like communication, assertiveness, decision-making, and coping social skills.	18	30
Increasing opportunities for intervention to prevent the progression of the problem and individual at risk rather than the entire society	17	27.5
Total	60	100

Research 2020

Table 5, 55% of the respondents agree that Illegal trafficking of narcotics or other controlled substances as long as a matter of policy is concerning, the program must provide knowledge on the effects of drug abuse, life skills like communication, assertiveness, decision-making, and coping social skills. 27.5%, Increasing opportunities for intervention to prevent the progression of the problem and individual at risk rather than the entire society 17.5% Withdrawal of symptoms and preventing the retaking of substances after achieving abstinence. Local Government Finance Commission Report (2004). According to the study from above, the most convenient way of controlling drug consumption was the legal trafficking of narcotics or other controlled substances as long as a matter of policy concerned., Early drug laws, First modern drug regulations, Changing attitudes and the drug prohibition campaign, War on Drugs, Calls for legalization, relegalization or decriminalization, and Legal dilemmas

of policy is concerning, The programs must provide knowledge on effects of drug abuse, life skills like communication, assertiveness, decision making, and coping social skills. 27.5%, Increasing opportunities for intervention to prevent the progression of the problem and individual at risk rather than the entire society 17.5% Withdrawal of symptoms and preventing the retaking of substances after achieving abstinence.

Discussion

Psychological Effect of drug abuse on student

15(25%) of the respondents agreed that poor educational attainment is a symbol of the psychological effects of drug abuse on students, those who decrease their ability to concentrate 5 (8%) Emotional mental illnesses 10 (16%), Indiscipline of in school environment 12 (20%) and lastly Students performance.

Measures to Levels of Drug and Substance Prevention

55% of the respondents agree that Illegal trafficking of narcotics or other controlled substances is as long as a matter

Conclusion

The substance use of heavy drug-using students may directly impair their academic abilities which limits their academic performance. For most students who use drugs at a lower level, however, drug use may serve as a maturational 'snare' that keeps some students engaged in deviant peer groups as others move on to more normative groups, thus having a long-term direct effect on educational attainment. Other studies have discussed similar processes, in which differential pathways to problematic outcomes are determined, in part, by the level of multiple risk behaviors. If we believe that multiple mechanisms are operating, then it follows that preventive interventions aimed at improving academic engagement should broaden their focus beyond drug use in adolescence. Community and family risk factors should also be targets of intervention. Our findings showed that drug use in students partially mediated the effect of their externalizing behaviors on college completion; students' externalizing also had direct effects on both students reading achievement and degree completion. This implies that a powerful target of intervention would be externalizing behaviors, especially for those who have not yet developed heavy or problematic levels of alcohol and or drug use.

Recommendations

Schools should enforce strict rules on alcohol and drug abuse by requiring all social events during orientation of first years to be alcohol-free, disseminating responsible host guidelines for both on- and off-campus parties, install a responsible beverage service program, eliminate residence hall delivery of alcohol purchases, advertise food and activities, such as dancing or sports, rather than drinking as the focus of the event.

Page | 5

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No conflict of interest


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