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Prevalence, Causes and Effects of Psychoactive Drug Use among Students at Midlands State
University

By

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Chapter 1

Overview of the Study

1.0 Introduction

This study is about the prevalence, causes and effects of psychoactive drug use among students at Midlands State University. The chapter introduces the whole study by discussing the following issues: the background of the study, statement of the problem, significance of the study, purpose of the study, objectives, hypotheses, delimitations of the study, limitations of the study, assumptions and effective definitions of key terms.

1.1 Background of the Study

Over the past two decades, the use of prohibited drugs and ill-use of therapeutic drugs have blow-out at an exceptional rate and have entered every part of the globe. No nation has been saved from the overwhelming difficult triggered by drug use (Young et al., 2002). Lifetime prevalence rates of use of drugs is said to be complex between the ages of 18 and 29 than other units for both male and female (Young et al., 2002). University students fall into this age group and are also susceptible to drug use. It can be noted that the presents of family members as well as influential friends who use substances are said to be the commonly mentioned factors that influence substances use. Okoye (2011) defines a drug as a substance that could bring about a change in the biological function through its chemical actions. In other words, a substance modifies perceptions, cognition, mood, behaviour and general body functions (Balogun, 2006). Parents and peers encourage these youths to drink by influencing attitude about alcohol and by acting as role models (Taylor, 2003). On the other hand parental deprivation due to deaths, divorces, separation or discord has also been strongly associated with drug use (Odejide, 1997). Research conducted worldwide suggests that drug use is very prevalent among university students in America, Europe, Asia and African countries.

United States of America has the utmost rate of youthful drug use more than any developed nation. Life time prevalence for alcohol use is said to be on 80% in American colleges (Alloy et al., 2003). According to Midpoints for Disease Control and Prevention (2000) American college's students have a life time cigarette use prevalence of 65%. Gender differences in intentions for alcohol use have been witnessed with women being more probable than men to consume alcohol in reaction to pressure and negative feelings. In contrast, men appear more likely than women to consume alcohol to boost positive feelings or to obey to a group (Annis et al., 1995). NSDUH (2004) compared with women, men are more likely to use marijuana

everyday 2,0% vs. 0,7% and that men have extra initial chances to use marijuana at a younger age 16,4years vs. 17,6years (Gfroerer et al., 2002). Wechsler et al. (2002) wrote that alcoholism is the third prominent killer in the United States and nearly 25,000 persons are killed and 1.5 million injured by drunk drivers yearly. According to Alloy et al. 2003 alcohol can also subsidise to the occurrence of physical attack and sexual offenses. Alcohol use is tangled in at least 30% of all the validated attacks in which tissue impairment transpires and in 30% of the deaths (O' Farrell et al., 1995). In the area of sexual crimes paedophilia and violent rape alcohol use accounts for 90% of the drug related sexual offenses, reduced decision also rises the probability of unprotected sex, with the promising consequences of pregnancy and sexually transmitted diseases, including AIDS (Alloy et al.,2003).

In Asian countries the lifetime prevalence rate of drug use amongst college students is estimated to be 0,2-1,3%. In India lifetime prevalence rate of cannabis use is 3% and that among males was higher than that of females by 7,2% (Sharma, 1996). In yet another research study among female drug users in Nepal, apart from cannabis, benzodiazepines, heroin and dextropropoxyphene were the main substances being used (United Nations, 2011). The proportion of synthetic drug users in Chinese universities that are recorded increased from 19% of total drug users in the country in 2008 to 28% in 2010 thereby increases a lot of consequences within the tertiary institutions.

Jamaica is no exception when it comes to drug use. A survey of tertiary institutions in Jamaica found that 60% of children had tried one or more drugs, including marijuana, and 1,3% had used cocaine (Soyibo et al., 1999). In Jamaica the use of marijuana is prevalent and is linked to various cultural and religious factors (Soyibo et al., 1999). More recently the percentage of female cannabis or “ganja” users as they call it has increased due to the descending cycling economy. Nevertheless, in spite of numerical signals those women have a tendency of smoking less regularly and in smaller amounts than their male counterparts (Dreher, 1987).

James et al. (2013) noted that there are 1.5million student drug users in Nigerian higher institution. While an epidemiological survey carried out on students by Federal Ministry of Education in Nigeria (1995) found out that 11% of the students have smoked cigarette while 5% have used cannabis. Some students are involved in drug use because they want to reduce pressures around them, to be alert and wakeful at night especially during examination periods, amongst other factors. Drug use look as if it is more common among males with

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94,2% than females 5,8%. Furthermore, Chikere et al. (2011) found that in a number of schools and college surveys in Nigeria, alcohol use is the most common among students, with many drinking students having had their first drink in family settings. They also discovered that the majority of students affected were initiated into the use of alcohol at a tender age of 16-20years. It has been reported that smoking tobacco causes 90,0% of lung cancer, 30,0% of all cancers and 80,0% of other chronic lung diseases (Shokunbi, 1990). Odejide (1991) stated that adopted western culture has impacted so much on the present traditional norms that youth of both sexes features highly in drug use across African society.

In South Africa, Reddy et al.(2007) observed that cannabis use was positively related to age and a prevalence rate of alcohol use was found to be 39,1% and a cigarette use prevalence rate of 10,6%. Cannabis dependence in youths predicts increased risks of using other illicit drugs, and reporting psychotic symptoms. Certain social difficulties that happen in the country are frequently ascribed to drug use such as ordinary crime, homicide, suicide and family disorganization. South African youths who were substance users were more likely to engage in sex with unknown partners, which is a risk factor for HIV and other sexually transmitted infections. Several national studies have documented high rates of drinking on college campuses and a wide range of negative consequences of student alcohol use. Associated with fighting, vandalism, acquaintance rape and unprotected sex, drinking on college campuses have a clear and damaging effect on campus life. In addition there was a solid relationship amongst gender and alcohol. The quantity of males who take alcohol was well over 70%. Male students were thus more convinced to use alcohol than female students.

In Kenya reports from the education officials indicate that the students are particularly using psychoactive drugs at a rate which is causing concern to lecturers and the community around the institution. Odek-Ogunde et al. (1999) stated high rates of substance use among students at a Kenyan private university, with rates as high as 84% for alcohol use and 54,7% for tobacco use. WHO (2001), gave a predictable population of heroin users in Nairobi as 10,000 users, 50% of those being injected drug users. Injecting drug use is growing in Kenya particularly the great cities like Nairobi. Use of injectable drug is a major influence in the blowout of HIV due to sharing of needles and also diseases like Hepatitis B and HIV which are incurable. The study estimated that the prevalence of HIV/AIDS midst injected drug users in Kenya is stuck between 68 and 88percent (Ndetei, 2004). Kariuki (1988) has detected that there are moderately more drug users midst boys than girls. Descriptions set for this variance are due to the male trend to drift to the drug use mainly over and done with interest driven by

friends or peer group members. Research by Karagu et al. (1993) has reported that drug use is a non-gender issue; the only change is that males tend to use additional drugs than their female counterparts. Males look as if they spend more money than their female counterparts. In Kenya students who have dropped from school due to drug use are found lazing and also get involved in some form of criminal activities at the shopping centres. NACADA (2008), drug use is said to be on the increase with over 30% it was therefore important to establish the student's perception and drugs and substance use and how this perception influences their behaviour towards the use.

Zimbabwean situation, according to public records growing lawlessness in urban areas is directly linked to the easy availability of drugs. In the 1980s few people were familiar with words like heroin, bronco and marijuana. University campuses have always been a favourite of drug pushers and though for a long time most addicts were male students, an increasing number are female- much to the concern of parents and experts. A lot of students are hooked on bronco a chemical which was put on the list of banned drugs, but which is smuggled in from neighbouring Botswana.

In Zimbabwe males are said to have higher prevalence rates of 13,4% than females 4,9% this is assumed that the reasons behind these alterations is the socioeconomic environment in the country, absence of parental control amongst other factors. Best et al. (2005) have stated that young people who spent less time with parents but spent more time with their peers like university students do are more likely to use psychoactive drugs. A research recently conducted by NAC revealed that higher and tertiary education institutions had the highest number of new HIV infections in the country. Sunday News (2015), NAC has introduced the training of HIV and AIDS focal persons in tertiary institutions to provide technical guidance to students, particularly those in their first year to ensure that tertiary institutions provides a comprehensive programme to raise awareness among students on sexual reproduction and drug use.

Previous studies among youth in Zimbabwe have reported lifetime marijuana use prevalence of between 3.4% and 12.1%. We are unaware of any recent reports on the prevalence and determinants of marijuana or glue use among adolescents in Zimbabwe. In other settings, studies have reported that marijuana has been a stepping stone towards other illicit behaviours (Greene, 1980). The study also concluded that illicit drug use among adolescents is

associated with violence and unsafe sexual behaviour as well as increased risks of sexually transmitted infections including HIV and Aids.

The use of drugs has become a national hazard because when the education of a nation is negatively affected due to drug use, the future is not certain in areas of leadership, innovations and human resources thus tertiary institutions will continue to face these problems until they are addressed as an emergency. Therefore it is vital to establish the student's perception and drugs and substance use and how this perception influences their behaviour towards the use. The national government should also embark on campaigns to fight against drug and substance use. Involvement of tertiary institutions in the awareness campaigns can reduce drug use by both parents and their children hence increasing student enrolment and completion rates in tertiary institutions.

Creating awareness to public on the dangers of drug use has become one of the key priorities in the country government work schedule as public servants, through this effort it is hoped that there will be reduced cases of drug and substance use by huge percentage. It should be emphasised that measures must be put in place to reduce the production and sale of illicit brews. Therefore it can be noted that this study must be conducted to control the amount of psychoactive substance use, determine the prevalence of substance use and psychiatric illness as well as determining the socio-demographic factors associated with the use of psychoactive substances amongst Midlands State University students.

1.2 Statement of the Problem

Little is known on the effects of drug use among university students. Despite the worldwide concern and education about the dangers of drug use, most of the students have limited knowledge of how dangerous the habit is (Ngesu, 2008). Due to the rapid development, drug use has become common among students in campus. Worldwide reports have shown that the use of psychoactive drugs in universities have increased since 2000. Some of the psychoactive drugs that are being used include alcohol, marijuana, amphetamine, caffeine, cocaine, nicotine, and heroine. Some people are involved in the use of illicit drugs because they want to reduce regular pressures around them, to relax, desire to experiment, peer pressure, to cope with problems and for alertness. In addition it has also been noted that parents, peer groups, government and the Midlands State University community contributes to the disturbing rate of drug use among university students. Therefore the study tries to investigate the contribution of the family background, peer groups, government and the

Midlands State University community on drug use. It can be noted that illicit drug use can cause harm to both the individuals and the Midlands State University community, breeding crimes, spreading diseases like AIDS and killing our future leaders. Today, there are estimated 90million drug users around the world and no country alone can stop the drug trade within its borders. No country is immune and person really is (Awake, 2001).

NACADA (2007) reported that drug use is creating a subculture midst the students. Other studies done by NACADA have discovered lifetime use of alcohol and cigarettes by students to be 21,6% and 6,1% of students reported lifer time users of alcohol and cigarettes respectively. This prevalence of alcohol and cigarette use has instigated fear to the affected students that they may not stretch their full and are a threat to use drugs later.

This study therefore seeks to find out the prevalence rate of drug used, the reasons as to why students use drugs, problems resulting from illicit drug use and the illicit drugs commonly used among students at Midlands State University. After making observations of students under the influence of drugs this study will recommend ways of rehabilitating those already affected and ways of eliminating drug selling business going on around the university. The study will also propose policy approvals to normal drug related projects to secure students' rights to education and the entire young generation.

1.3 Significance

This study will be of great value to a number of beneficiaries namely the researcher herself, the government, the family, the students, and Midlands State University as a community at large. The research will review the prevalence, causes and effects of psychoactive drug use among Midlands State University students.

1.3.1 The Government

The study aims at encouraging the government through its various departments to educate university students and parents/guardians the effects of drug and alcohol abuse and create proper rehabilitation and counselling services for psychoactive users in tertiary institutions. The government will be able to initiate strategies to reduce the availability of substances, provide peer education to prevent substance use, provide education to improve students behaviour change, strengthen existing networks of organizations that support youth-related activities, and engage in substance use prevention activities.

The government also want to know why there is high crime rates and school drop outs, no production and innovative ideas coming from the students after they graduate, is it assumed that it is because of the psychoactive drugs they take during school time that affects their psychological well-being. Recommendations made by the government can be useful to curb drug use at the university through improving existing educational programmes and striving to develop ones that are more efficient. This would help in promoting drug-free institutional environment and better academic performance, thus improving the standards of education in the country. In the absence of specific policies on substance use in institutions this study will make important recommendations on the way forward.

1.3.2 The family

The researcher hopes that the families will be educated on how their parenting styles has an effect on drug and alcohol use by their children, thus the researcher hopes the study will help improve parent-child relationships including positive reinforcement.

1.3.3 The student

The researcher hopes to help university students on the issue of drug use by enlighten them on the psychological effects of alcohol and drug use and help them on how they will access help (counselling/rehabilitation) if they have been engaging in drug and alcohol use.

1.3.4 Midlands State University as a community

Midlands State University at large also wants to find out if these psychoactive drugs have positive or negative effects among university students so that they help curb drug use. Furthermore the importance of this research is that it contributes to the general body of knowledge about anything to do with the use of psychoactive drugs. It also explores potential of universities and any other institutions to address the drug use problem. The study should help the government, the family, the students and the institution became aware of the hindrances to effective approaches used to limit drug use and if possible create opportunities to end the problems. This proposed idea would be useful to educate both university students and anyone else about the risk of drug consumption. Thus this research is important in the sense that it helps reduce or prevents high rates of drug use. More so through this program improvement can be made that is improving existing educational programs and creating even more efficient ones. This therefore helps create a drug free institutional environment, curriculum activists and psychological health students.

1.4 Purpose of Study

The aim of this research is to determine the prevalence rate of drug use, identify the types of substances used, the causes of drug use and describe the effects these drugs have among Midlands State University and make recommendations for appropriate involvement by the institution and other key stakeholders.

1.5 Research Questions and Hypotheses

- What is the prevalence of drug use among undergraduates of Midlands State University?
- What types of drugs do the students at Midlands State University use?
- What are the causes of drug use among undergraduate students at Midlands State University?
- What are the effects of psychoactive drug use among Midlands State University students?
- There is no significant gender difference in drug use among students at Midlands State University.
- There is no significant age difference in drug use among students at Midlands State University.
- There is no significant gender difference in student perception of the predisposing factors influencing psychoactive substances consumption.

1.6 Delimitations of the Study

The study will take place at Midlands State University which is located 10km southeast of Gweru Town which is 275 km north of Harare along the Harare Bulawayo highway. Midlands State University is the provincial University for Midlands's province. This study will focus on the prevalence, causes and effects of psychoactive drug use among students at Midland State University. Furthermore the study will examine the most frequently used drugs at the university, their cost, availability rate of consumption. The study will target both male and female students.

1.7 Limitations

- The major limitation is the secrecy involved in the issues of drug use. Drug use is a very sensitive issue to people thereby making them hold important

information from the researcher. In this case University students might give biased information to protect their reputation and interest on drugs this therefore require additional research. More so to get additional information the researcher assured the respondents confidentiality on all the information given. Withholding some valuable information as the participants may feel that they are being investigated and might end up being prosecuted.

- Missing of some truthful information on drug use can be experienced since the participants in this research project are students which then hinders the results of this research due to fear.
- Distributing questionnaires to the participants, every student within the school premises as well as the government may help conducting the research but getting a research letter of approval from the relevant government and institutional authorities that would cause a lot of delays.
- The study is going to be a quantitative and eliminates qualitative information thereby making it problematic for the researcher to explain her findings in a holistic manner.

1.8 Assumptions

The study is based on the following assumptions:

- There is the prevalence rate, causes and effects of students who use drugs within the school premises.
- The research will provide accurate information.
- All the information that will be attained through data collection would be true if the students are willing to give the correct information.
- A person's background has more influence on drug use than what is being recognized and also that nothing is being done to reduce drug and alcohol use in tertiary institutions.
- Midlands State University will authorize the researcher to carry out the research.
- Male and females are affected differently by psychoactive drugs and the reason may differ in relation to sex.
- Information acquired during this study will be accurate and help the students.

1.9 Definition of Terms

1.9.1 Prevalence: means that there is a lot of something or the percentage of a population that is affected with a certain infection at a given time.

1.9.2 Causes: the aim or reason for some human action

1.9.3 Effect: it is a change that is produced by an agency or cause, result or consequence of an action.

1.9.4 Drug: it is a chemical substance that affects a person's mental, emotional and physical functioning. It is a product that is not food or water taken to influence one's way of thinking, feeling, behaving as well as seeing things.

1.9.5 Psychoactive drug: is a chemical substance that acts on the central nervous system changing brain functions and resulting in alterations in perception, mood or consciousness.

1.9.6 Students: these are undergraduate learners in tertiary institutions or other places of higher education.

1.10 Chapter Summary

In summary, chapter 1 has set the base of the research which provides an insight of what the study under research is all about. Therefore chapter 1 has covered the background of the study, statement of the problem, significance of the study, purpose of the study, objectives, research hypotheses, delimitations of the study, limitations, assumptions and definition of terms.

Chapter 2

Literature Review

2.0 Introduction

This chapter focuses on literature in line with the prevalence, causes and effects of psychoactive substance use among university students worldwide. In the early development of this research a thorough search on the related literature of the area under study has been conducted by use of journals and books. Literature review is an interpretation of what has been circulated on a topic by qualified scholars and researchers. It can also be defined as a synthesis of resources and material that are derived from academic sources and are directly relevant in addressing the problem under study (Goddard et al., 2004). The main purpose of this chapter is to give an account of what other researchers and authors have said about the study under research. The chapter contents include the conceptualization of key concepts internationally and around the country concerning drug use among students in tertiary institutions. There are key issues to be considered such as the prevalence rates of drug use, the most commonly used types of drugs, the main causes of drug use and the effects of drug use by the youths in universities theoretical framework, conceptual framework, knowledge gap and the chapter summary.

2.1 Concept of Drug Use Internationally

According to Escandon et al. (2006) a drug is a substance which when introduced into the body will alter the normal biological and psychological functioning of the body especially the central nervous system. WHO (2003) defines drug use as the self-administration of any in a manner that diverts from approved medical or social patterns within a given culture. Similarly persons who use drugs are more likely to participate in risky behaviours such as unprotected sexual meetings, driving under the influence, and engaging in violent behaviours. More prominently, persons who frequently participate in drug and alcohol use are more likely to die at an earlier age (USDEOSDFS., 2002). Readings have shown that individuals with substance use disorder are more likely to have a psychiatric disorder than people without substance use disorder (Regier et al., 1990).

Portner (1998) states that the use of psychoactive drugs amongst students from western countries is alarming. The United States of America is said to be the leading market in the world. This being a country that sets ethics for other countries, it has shown a remarked

increase in the use of marijuana. Students from other countries have also been influenced to copy their behaviour. Movies and publications show exciting pictures of people on drug use. This kind of information can be misleading to the viewers, especially students making them vulnerable to drug use. The matter of distress is that these are the most desired shows for students in tertiary institutions. The types of music and the wording in it are all in support of these drugs and substances used.

Globally, substance use has turned out to be a major public health issue (Owoaje et al., 2010). For most of European and Asian countries, opiates carry on to be the main drug of use and account for 62% of all treatment strains. Nevertheless in Africa, the majority of all treatment claims is linked to cannabis with 64% (WHO, 2004). Industrialization, urbanization and growing experience to western life style has been eminent to contribute to the growing tendency of substance use in Nigeria with alcohol and cigarette stand-in as gateway drugs to the use of other substances like cocaine, heroin, amphetamine, inhalants and hallucinogens (Abiodun et al., 1994).

The risk of substance use is further enlarged in the university setting which offers young people with liberty from parental supervision, therefore providing the chance to experiment with different injurious practices (Owoaje et al., 2010). Drug use has also been associated with, criminal activities and unplanned sexual activity (Hanson et al., 1988). An understanding of the dominance factors related to substance use and its properties is therefore required in order to implement more active treatment and prevention programmes that will dishearten substance use.

2.2 Concept of Drug Use in Zimbabwe

Zimbabwe is witnessing a growth in challenging drug use among its domestic population along with the related public health issues that go with certain types of drug use. The drugs that are commonly used in Zimbabwe include cannabis, heroin, glue and cough mixtures such as broncleer (bronco) in the street. The research also concluded that drug use among adolescents is associated with violence; substance induced disorders and unsafe sexual behaviour as well as increased risks of sexually transmitted infections including HIV and Aids in the country.

According to a research carried out by Health Professionals Empowerment Trust in Zimbabwe, 50% of admissions to mental institutions have been attributed to substance-

induced disorders. The youth is said to be the most affected group of individuals in the country. In Zimbabwe over 80% of individuals admitted to mental institutions due to substance misuse disorders are male thus it can be noted that the prevalence rate of drug use in Zimbabwe is raised by male counterparts (Tsuang et al., 1998). Moreover the Dangerous Drug Act (Chapter 15) in concurrence with the Criminal and Codification Act has not kept in touch with the current thinking on how to challenge drug-related issues. The two pieces of regulation are not rehabilitative but rather punishing. This has somehow contributed to the growth in the use of risky drugs in Zimbabwe. Most individuals do not come out in the open that they have a drug difficult because of the law which is strict.

Illicit drug use among young people is related to ds functioning of the brain if it gets affected, may be a risk influence for cigarette smoking and unsafe sexual behaviours (Edwards., 2006). Earlier studies among youths in Zimbabwe have reported lifetime marijuana use occurrence of between 3,4% and 12,1%. We are unaware of any current reports on the dominance and contributing factor of marijuana or glue use among young people in Zimbabwe. To add on in other situations studies have reported that marijuana has been a stepping stone headed for other illicit behaviours Greene (1980) or that co-use with other drugs is not infrequent. Therefore one can note that in Zimbabwe there are few studies that are being recorded on drug use yet a lot of drugs are being used on a daily bases hence attention is needed with immediacy.

2.3 Prevalence Rate of Drug Use

The prevalence of drug use is not completely on male alone rather it points to the female as well. Mabadaji (1971) contacted a study to discover from which foundation present day citizens of Lagos pursue treatment when they fall sick and then to regulate what impact the level of education and advertisement by the various communication broadcasting has on drug use. The outcome revealed that males had a statistically significant bigger tendency to having their treatment approved by the medically qualified persons than females. Mabadaji (1971), assumed on the other hand that females had a statistically significant bigger tendency to having their treatment suggested through advertisement. The consequence of the above result is that both males and females pamper in drug use, though the tendency is higher in females.

In the area of alcohol Costello et al. (1978), reported that men predominant in alcoholism. In common man drink more than women (Chandler et al, 1972). Probably also difference have been found in male and females arrogance to drinking with female as the more liberal group

(Mulford, 1983). Furthermore drinking and drinking problem appear to be growing at a greater rate amidst women than amongst men. Moreover the transformation between the sexes has also developed in the smoking domain. The percentage of young women taking up smoking is growing whereas the percentage of young men is cumulative and women appear to have more trouble giving up smoking than men. Jacobson (1979), sex differences in relation to drug use has never continued a controversial issue among researcher as there does not seem to be a specific direction of difference between the exceptional of use by both sexes.

According to a survey by National Institutes of Health (2009) four or five college students drink slightly sometimes during their college career, and 40% of these student drinkers admitted to binge drinking at least once within two weeks of taking the survey. According to the National Household Drug Abuse Survey (2001), people ages 18-25 have the highest prevalence of binge drinking, with a peak rate occurring at age 21. Between 1993 and 1999 the prevalence of marijuana use raised by 22% an increase that occurred among most student demographic groups and at almost all kinds of colleges. Marijuana is used by 24% of college students, cocaine by 4% and hallucinogens by nearly 5%. This therefore shows that the use of the types of psychoactive drugs like alcohol and marijuana is consistent with the prevalent rates of what other scholars say in their literature but the percentage values are inconsistent because the studies are carried out on different settings and different sample populations.

More so another difference is that in this case alcohol has been found to have the highest number of students who respondent on it which is inconsistent with literature which says marijuana has the highest rate. Moreover there is an element of consistent between the age groups that use psychoactive drugs. In the study of Midlands State University students i found out that around the ages of 18-26 were participating in the use of drugs which is highly similar to the studies in literature which have the most surveyed people of the ages between 18-25years. This therefore shows that this age is the pick on which students indulge in experimental and peer influence use of drugs in tertiary institutions.

2.4 Types of Drugs Mostly Used Worldwide

According to the United States Department of Health and Human Services (2000) alcohol is the most used psychoactive drug in the United States. It is claimed that about 90% of the students use it before they leave high school into tertiary institutions. In Kenya a report by NACADA (2008) indicated that alcohol is the most commonly used drug by about 61% of the population. The same report indicated that 40.9% of the students were using alcohol in

Nairobi Province and 26.3% in Central Province. These percentages being mentioned are simply showing that students are using drugs and it is essential to address this issue with the urgency it deserves. Perkinson (2002) explains that alcohol is mostly a central nervous system depressant and blunts the brain making learning a very difficult task to do. When students get used to the behaviour of using alcohol their cognitive ability get weakened and education becomes of less importance in the student's life.

A survey by NACADA (2004) indicates 35% of the students from Central Province were abusing tobacco related products. The accessibility of tobacco products is dominant within the province. Simply to be made readily accessible to the customers. A Study that was done in Australia publicized that bhang smoking pointers to trying other harder drugs due to its strengthening influence. In central province a study by NACADA (2004) showed 5.3% of the students were using bhang.

It has been noted that the use of prescription drugs among college students to do away with stressful situations, for fun, peer influence amongst other factors has increased over the years. Several studies have been directed on the use of illegal drugs at universities and by health care professionals; nevertheless the works is lacking in studies that discover health care professions students using prescription drugs specifically for reduction of stress as well as feeling high. Wolaver (2005) methylphenidate and amphetamine, dextran and phentermine are reported as being used frequently to increase alertness during periods of study by university students. Stimulant drugs, primarily prescribed for patients with attention deficit hyperactivity disorders are also being used across college campuses.

2.5 The Main Causes off Drug Use

The factors that cause drug use are many and some of them include the family, environmental factors, peer pressure, individual factors and general factors. Quite a number of researchers have shown that there are numerous contributing aspects of drug use among students. Rice (1981), stated that in an institutional setting, drug use affects both students coming from rich as well as poor families. Shoemaker (1984), argues that drug use is caused by a mixture of biological, environmental, and psychological factors. Under environmental causes the most significant features includes the family, peer association and social class membership.

Rena (2006) found that persons maybe using drugs due to nervousness and fears of failure. These substances may temporarily refuge these fears by generating a feeling of insignificance

towards the high hopes of the society. For those students who do curriculum activities pressure and stresses are high due to fears of losing and intense competition. Moreover DeSantis et al. (2000) in literature university students were taking psychoactive drugs to stay awake to study, for concentration when studying, others to stay awake and have fun and to make work more interesting. To add on reporters have noted that the purpose of this study was to assess the prevalent use of illicit substances and in so doing increase awareness of the problem. Knowing which drugs are most commonly used for other than future uses, as well as purposes behind use, can possibly help the university to instrument prevention policies and educational strategies.

2.5.1 The family

The arrangement of the family disturbs the growth of children into adulthood. Especially children of separated parents have been initiated to be double as likely as children from complete relatives show a minor level of conduct and criminal behaviour (Amato, 1990). Young people who do not stay with both parentages are more likely to smoke and use marijuana and other illegal drugs, trainings have stated that youths from complete relatives are less probable to be consistent drinkers Schucksmith et al. (1997) and smokers Glendinning et al. (1997) than those from either rebuilt or single maternal families.

Moreover family issues as second significant risk issues is the part that hereditary theatres in the expansion of substance use problems. Nurturing performs need to be measured as well. Parenting can disturb substance use together right and secondarily by persuading recognized originators of substance use such as hostile deeds and other behaviour problems. In particular, strict corrective practices, poor maternal watching little levels of family attachment and extraordinary points of family struggle donate to both affecting and externalizing behaviours comprising substance use. Of course, family and parenting issues can also play a key advantageous or caring role in avoiding young substance use. For instance, defensive childcare performs contain secure and regular limit-setting cautious observing development and open statement designs with their children (Lochman, 2002).

2.5.2 Environmental influence

Findings show that environmental influences and amount of attachment to conservative organizations are connected with youthful substance use (Fletcher, 2008). Students, who are not involved in school, flop to mature or conserve associations with their teachers, and those

who fail educationally are more likely to participate in substance use. Similarly, when young individuals feel disconnected from their societies or touch insecure in their areas not only is this connected with better substance use, but it also generates greater levels of public inadequacy (Hays, 2003). Youth who uphold active participation in communal institutions such as colleges and church are less likely to participate in substance use. Schools and communities can play a defensive role by attracting vigorous steps to occupy young individuals in order to evade drug use and other delinquent behaviours.

In addition Edward (2003) explains that there are some students that are not doing well at school usually they are distant from their lecturers thus they easily get disinterested and exhausted with academic work. Therefore to become busy with pleasurable feelings and activities, they pamper in the use of hard drugs. He went on to say that peer group influence is one of the strongest motives, which motivates students into using drugs. A lot of students with low willpower always want to acquaintance with other strong ones. According to Ajala (2002) drug use such as alcohol weakens the central nervous system. Thus it can lead to bad conducts and cause distortion of perception as well as accidents.

2.5.3 Peer pressure

Curiosity, social pressure and peer pressure group influence are reported to be primary reasons for the use of psychoactive drugs. Also the need to excel in certain sporting events can lead to drug use. Among athletes the need to enhance performance in sports has led them into the use of illicit drugs. Historically, drugs were used in ancient days especially in the sports scenes in the states of Greece and Egypt. In ancient Olympics psychoactive drugs were used to increase performance (Mackey, 1996). The majority of youths in Nigeria ignorantly depend on one form of drug or the other for their various daily activities including social, educational, political, and morality. Such drugs includes: tobacco, Indian hemp, cocaine, morphine, Heroine, Alcohol, ephedrine, Madras, caffeine, glue, barbiturates, and amphetamines (Abudu, 2008).

2.5.4 Individual factors

Self-concept refers to the way an individual perceives himself or herself in a variety of areas for example academically, physically, socially (Luow, 2001). Core values that self-evaluation is reliant on the person with whom one equates him/her with. Low self-esteem indicates to redefinition of self-concept and this leads the student to get involved in entertaining

behaviour specifically drugs and substance use in order to manage. A study by Merki (1993) postulates that when the students are feeling bad about themselves or they are feeling unworthy, unloved and rejected, they turn to drugs and substance use. Intended for when they are extraordinary nothing troubles or pains them psychologically. Some of the factors that cause one to indulge in drug use in order to escape from reality are loss of control and breakdown of close relationships this may lead to feelings of poor self-esteem, sadness, guilt anxiety and self-doubt. In such cases students in tertiary institutions are affected more because they are in their middle stage of development. During this stage identity formation is important and self-concept plays a major role (Erikson, 1974).

2.5.5 General causes

Obsession is developed when student's self-fulfilling predictions strengthen their uncertain self-concept and the impact of peers and broadcasting becomes too strong for the user. Thus drugs and substance use takes middle stage of a person's life. They become the social and emotional attention at the cost of other's interests and activities. This slowly leads to physical, social and emotional problems. As the health worsens the person has feelings of despair, guilty and helplessness. In addition, drug use carries into the school environment prohibited practices associated to the drug use that is prostitution, theft and selling of drugs to others. Not any of these practices is favourable to the progress of a healthy, fruitful life (Tanzanian Government Gazette, 1998).

In the case of increased breweries in the country the rate of drug use is also increasing making it difficult for the youth to refrain from drugs. Alcohol is the major problem of young adults and adolescents; majorly males before now but today females tend to consume more alcohol than they did in the past (Oshodin, 2004). Findings from previous researches show that many respondents do not know the adverse effects of drugs like analgesics (pain relievers) on human beings and many at one time or the other have tried to one or more types of drug which exposes them to the risk of becoming drug users and dependants. Also it was found out that if young ones are socialized seeing adults use drugs freely, they may assume they too need to practice it in order to graduate or attain unto adulthood.

It has always been questioned on why students engage in drug use. Acolagbe (2005), opines that Nigerian youths use drugs because they believe that it is the only way to become part of the jet age subculture. He further explains that the choice to take alcoholic, smoke cigarette or Indian hemp is a tour out of the curiosity of its outcome. Oshodin (2003) suggests that the

obtainability of drugs as well as sociological and psychological factors have been recognized as tendencies of drug use. He further complements that those who use drugs to the point of abuse have several reasons as to why they do that and all of which cannot be said to be bad. Edward (2003) says that there is yet another reason as to why students use drugs that is monotony with academic work or domestic activities.

Moreover Tanzania is said to have introduced policies to lessen the accessibility of drugs, assemble communities contrary to drug use, arrange for peer education to avoid drug use, make available education to improve the youth's behaviour change, reinforce current systems of administrations that sustenance youth-related activities, and in drug-use prevention activities (WHO, 2003).

2.6 Effects of drug use

Drugs and substance used have various physiological effects. There are adverse consequences like insomnia, prolonged loss of appetite, increased body temperature, greater risk of hepatitis and HIV/AIDS infection (Perkinson, 2002). Overdose of some drugs used can direct to unexpected deaths. Some of these drugs used cause various forms of diseases such as ulcers, cancers and brain damage. A study by Winger et al. (2004) came up with various physiological effects such as accelerated heartbeat, speeding in the peripheral circulation of the blood, alteration of blood pressure, breathing rate and other body functions normally decline. He goes on to say a drug like cannabis disturbs hormonal and the productive system, the consistent use of cannabis by men reduces their level of testosterone, the manly sexual hormone and the quantity of sperm cells in male as consumption escalates. Drugs use subsidises to the development of uric acid which quickens illnesses like, gout, osteoporosis, arthritis, heart attack specifically for people with coronary hypertensive complications. A student who develops any of these physiological effects will have problems continuing normally with learning due to repeated nonattendance from school.

The use of drugs can be considered as an aspect supporting to the increasing occurrences of crimes and mostly to the social cruelty which are becoming too wild in contemporary society. Haggins (2001) points out that when a man or woman smokes twenty sticks of cigarette a day for 25 years, there will be reduction of 21.5% of his/her life. He further postulates that the risk of lungs cancer is between 8 and 15 times higher in those people who smoke cigarettes than those who do not. The effects of drugs on undergraduates are not farfetched since drugs

are chemical substances that put an end to the body cells, depending with the way the drugs are used because every drug is a potential poison.

According to Orija (2008) drug dependent person unknowingly damages his/herself and the society. The effect is seen by a declining health, which may cause mental ill health, if pregnant give birth to deformed babies and unfortunately death of the individual involved. Additionally he goes on to say that people who have become in need of drugs becomes more moody, irritable, absent minded and usually change in mode of dressing. They become extra demanding with respect to funds, their appetite is increased and they complain quit often of aches and pains in the body. Drugs like Indian hemp have the power to damage mental activities. It decreases the male sex hormone called testosterone and as well as interfere with the menstrual cycle in women (Ogunsakin, 2007). Rebury (2006) reckons the effects of some drugs use as follows: Amphetamine; takes away the desires to eat, hence, some persons grow thin and become easy target for diseases. Methedrine makes one feel powerful but aggressive, nervous, talkative and easily excited. The mind becomes deranged due to sleeplessness. Indeed Indian hemp causes mental disorder, hallucination and cocaine damages the heart and cause heart attack in human beings. Thus one can note that drug use has negative outcomes and is harmful to one's healthy.

The word drug use relates to instances when people take drugs to only change their attitudes in which they experience social operations as a result of doing so. Some drugs have been found to be capable of creating effects that are not advantageous but injurious. Addictive needs increase which thus makes disturbances of ordinary life practices and escalates libido and appetite. Other researchers claim that the changes in the brain chemistry of the drug users such as stealing, gambling and fighting may be caused by the use of drug substances. According to Eneh et al. (2004) there are psychological, physical and behavioural signs of drug use. These include unexpected need for money, sudden change in friends, sudden mood changes amongst other factors.

Drugs used affect the brain, this results in major decline in the functions carried out by the brain (Sternberg, 2003). Psychoactive drugs disturb the students attention span, which is extremely reduced and monotony sets in must faster than for non-drugs and substance users. Students are likely to be absent from school most of the times resulting into one taking too long to complete their studies. Most of the substance being used affect the decision making process of the students, imaginative thinking and the development of the essential life and

social services are underdeveloped. They also affect the alertness of an individual's distinctive potential and interest therefore disturbing their profession development (Louw, 2001). Core values to live by such as honesty, tolerance, peace, responsibility are lacking, this affects their social skills development. Since most of the students are in their youthful stage of development if they participate in drug use they also be unable to find their identity.

In addition the effects of cannabis, the most widely used illicit drug, have been reviewed by many authors (LaMond Tullis., 1991). One study which has summarized this work indicates that chronic or acute use of cannabis may result in preoccupation with the immediate present, an impairment of short-term memory and other mental functions, impaired tracking ability in sensory and perceptual functions, adverse emotional and social development of children and adolescents. Summarizing the potential impact of several kinds of drugs, another commentator Thomas (1993) has concluded that "drugs can decrease cognitive operations, making it difficult for the youth to develop a functional set of values and ideals. Reduced cognitive efficiency also results in a decrease in self-esteem, contribution to instability of the individual's sense of identity". Drugs may preoccupy and come to dominate the person's thinking as providing a solution to problems that need, in real, non-drug solutions. Youths, as well as adults, may take drugs to deal with problems which cannot be resolved by such substance.

A report by NACADA (2007) observed that drugs and substance used both licit and illicit are forming a sub-culture in Kenya among the students. This is a big challenge to the Kenyan society and immediate attention is necessary. These drugs used affect the brain which is the important part of the human functioning. When a drug is used it causes some injuries in the brain thus alterations within the central nervous systems are made at times permanent ones. When psychoactive substances terminate several thousand neurons, the concerns are serious. Several students have died because of overdose of drugs.

A study by Rew (2005) states that these psychoactive substances produce in the consumer effects of feeling surplus energy, , depression, relaxation, hallucinations, a temporary feeling of wellbeing, drowsiness and sleepiness. They normally cause physical addiction to those taking them. In line with harmfulness and addictiveness, psychoactive drugs imply slow suicide. Dependence becomes obvious when the person carry on taking drugs in order to carry out day-to-day duties. This therefore makes the problem of drugs and substance use with in an institution difficult and wants a lot of attention.

2.7 Gender Difference in Drug Use among University Students

It has been discovered that males are more likely to use psychoactive drugs and the changes tend to be major at the upper rate of recurrence levels. Among all young grown persons ages 19-30 the rates are very alike at 8,5% for males as opposed to 3,8% for females. However the frequency of prior-year marijuana use is somewhat advanced for males, the frequency for the use of any illegal drug other than marijuana normally has tended to be slightly advanced for females.

In 2013, for instance 43% of college males described having five or more drinks in a row above the earlier two weeks versus 30% of college females. Among university students, females had a somewhat higher likelihood of being everyday smokers from 1980 through 1994 even though this long standing gender difference was not seen midst their age peers who were not in college. Nevertheless, a crossover happened between 1994 and 2001, with university males surpassing college females in everyday smoking. Ever since 2001 there has been slightly consistent gender difference in smoking among college students.

According to Compton et al. (2004) several universities established national studies ought to also state higher rates of marijuana use among university males than females. For instance, Johnston et al. (2005) initiated that 39,6% of college males as compared to 29,6% of college females described their use marijuana in the previous year. To add on to gender differences in marijuana use, U.S. university males are usually more likely than college females to report illegal drug use other than marijuana, Johnston et al. (2005a) reported that 22,1% of college males as equated to 16,5% of university women use illegal drugs other than marijuana.

Numerous explanations have been proposed for the differential in drinking forms between male and female (Myerson et al., 1940). Windham et al. (1965) as well as Siefel (1952) referred to the traditional belief that the use of alcohol was a male right. Clark (1967) proposed that drinking differences are founded basically on the anticipation that female sex roles are categorised by what he termed “conventionality”. By this he referred to the recognition of the main authorized principles of morality and propriety”. Preston (1964) likewise stressed that drinking is regularly a sign that differentiates the sexes. Windham et al. (1965) additionally pointed out that females traditionally have a tendency to be economically reliant on and subordinate to men.

Wilsnack et al. (1978) argue that increased drinking amidst females might be as a result of the women's association and changes in women, roles particularly alterations that contain disclosure to once male surroundings and roles. They recommend that modifications in sex roles might upturn women's experience to alcohol and chances to drink; might amend traditional customs in contrast to female drinking in so doing making drinking more allowable and might offer females different objectives and hopes therefore causing stress that alcohol might be used to reduce.

In a sample of students at colleges across the United States, Engs et al. (1985) found beer to be favoured by males, wine to be ideal for females and purified spirits to be equally favoured by males and females. On the contrary Reiskin et al. (1981) found that males, in two samples of students at an institution stated important more common intake of beer than did females. Nevertheless, there were no significant differences between the sexes, in each sample, in the intake regularity of each wine or spirits. Biber et al. (1980) saw that drinking is united into a broader variety of events for males than for females. Males are much more probable to drink in the open, at athletic events, on your own in small groups of males, or in small groups of males and females. Such environments are usually connected with heavy drinking. But females in diverse clusters circumstances have a tendency to adapt to sex-role stereotypes concerning suitable drinking behaviour. Therefore drinking in such circumstances have a tendency to bind the intake of alcohol by females.

2.8 Age Difference in Drug Use among University Students

According to Adlaf et al. (2003) in a certain study the normal age for smoking was 18.3 years for male and 18.9 years for females. This average for cigarette smoking was 18.4 years in male and 19.1 years in females and for tramadol it was 20.2 years in male and 18.5 years in females. A study in other universities stated that an average beginning age for cigarette smoking was higher among female students than male ones except tramadol and opium users (Soueif et al., 1987). Factors like pain relief, seeking pleasure and being curious were found to be most common reasons of substance use among university students. According to this study the average age of most drug users was 18-20 years and the main motivation factors were considered as pain relief, being curious, loneliness and friend encouragement. In this case the researcher noted that the average age for drug use by university students is 18-20 years which is an age group of new students entering the university this then needs special attention by the institutions to find ways of curbing drug use at an early stage of entry.

Statistics on drug use among Australians has regularly pointed to ages 18-24 as the years of most widespread use Mazibuko (2000), the same data for Malaysia have altered since 2008 NADA (2013). In 2008 and 2009, admittances to rehab were peak for users aged 25-29years. By differences, the years 2010 and 2011 saw 19-24 year olds being admitted at the uppermost rate, whereas in 2012 and 2013 those aged 30-34 years were most greatly signified NADA (2013). Therefore the researcher found out that in literature the use of drugs is dominant from the age of 18 up to early 30s and that most users are males worldwide.

2.9 Gender Difference in Student Perception of the Predisposing Factors Influencing Psychoactive Substances Consumption

Similarly, views of peer pressure that support drinking are considerably associated to improved levels of alcohol use within university samples (Knee & Neighbours, 2002). Furthermore , gender differences illustrates that university males gave emphasis to peer pressure and the risk of humiliation if they abstain from drinking, while females are more troubled with the negative costs allied with heavy alcohol use (Suls & Green, 2003). Students who are unprotected to surroundings where alcohol is commonly consumed and where amplified salience of positive hopes of alcohol consequences occurs (LaBrie, Grant, & Hummer, 2011) are at higher risk for binge drinking (Weitzman, Nelson & Wechsler, 2003) and also heavy drinking is allied with sexual assault.

Kulis et al. (2002) relating manhood to certain substance use actions like smoking and drug addiction was quoted by various female contestants. Protective righteousness and family designation was a preventive reason to substance use amongst females whereas males, on the other hand, saw smoking as a system of manning up and declaring manhood. Some females in the study specified that by means of using water-pipe was better among females since it was a generally known manner for women in their societies (Lara-Cantu, 1990). Previous research has publicized that people use manly characteristics in both genders to calculate substance use behaviour even though connecting femaleness with drug refusal actions.

Parental intake of alcohol, for instance is linked with young people taking progressive approach towards alcohol. According to McDermott (1984), tolerant parental approach to drug use, as alleged by youths, may be of the same or greater significance than genuine parental drug use in shaping the young people's use of drugs. Baglioni et al. (1997) reported that students' aims to drink alcohol could be anticipated by their arrogances subjective norms, supposed communicative control, historical behaviour and plans related to drinking

behaviour. Gustafson (1993) found that males and high users had durable hopes and rated these effects as more appropriate than did females and low users nevertheless no significant association was found between alcohol consumption and gender.

2.7 Theoretical Framework

There are several theories that have been propounded by many scholars that explain the prevalence rates, types of drugs commonly used, causes and effects of drug use among university students. These theories are in the support of nature thus they support the environmental mechanism as the cause of an individual's tendency of using drugs. The researcher utilized the social cognitive learning theory by Bandura (1986) as well as the operant conditioning theory by Skinner (1953), these two theories try to explain drug use with the link to the environment.

2.7.1 The Social Cognitive Learning Theory by Albert Bandura (1986)

This study was guided by social cognitive learning theory by Albert Bandura in 1986. This theory regards behaviour as a determination by the persons thought processes, the environment and behaviour itself. This therefore means that personages govern their own actions while being influenced by the environmental factors and their own behaviour. The social cognitive learning theory perspective stresses out social perception and not just coping. Bandura's social cognitive learning theory has a tendency of concentrating further on thought expectancies, vicarious learning and self-regulations in place of clarifying devices of drugs and substance user. For instance, persons who accept as true that taking alcohol will brand them as more attractive, less shy, better lovers and more enjoyable to be around, will be more susceptible to use alcohol.

Bandura (1986) contends that behaviour is mostly measured by cognitive factors such as insight of an issue and the forms within the environment. Social cognitive theory stresses out the role of observational education with regard to the attendance and influence of models. Seligman (1984) linked learnt helplessness and pessimism to pathological behaviour patterns such as drugs and substance use. Social cognitive learning theory assumes that role modelling does not only disturb behaviours but that it also leads to the increase of thoughts and feelings that nature behaviour. Students who get involved in drug use behaviours are most likely to learn these behaviours from their environment. There are several reasons that can be noted on

how students have decided to indulge in drugs and substance use more frequently than not out of choice.

To add on the social learning theory has a straightforward presentation in clarifying drug use; it therefore suggests that the use of substance can be enlightened by distinction acquaintances to groups in which they are rewarded. The theory embraces that behaviour is shaped by rewards and punishment. Drug use is determined by the degree to which a given form of behaviour is continued by the mixture of the strengthening effects of the substance and from peers or parents (Akers et al., 1979). Through interactions with other associates of assured groups or social circles people acquire certain definitions of behaviour as decent or bad. The central idea of the subcultural theory is that participation in a specific social group whose associates have arrogances positive to drug use is one of the factor nurturing one's own drug use and that participation in a group whose members have undesirable arrogances towards drug use have a habit of discouraging such use. Drug use is likely to be dejected in certain social circles and vigorously disheartened even punished in others.

Furthermore Bandura's (1986) social cognitive learning theory, when useful to experimental substance use also claims that young people acquire their beliefs about drug use from their role models, especially close friends and parents who use substance. First seeing role models who experiment with drugs will openly shape youth's outcome expectations, which are their principles about the most immediate and most likely social, personal and physiological results of drug use. Thus seeing parents use alcohol to relax or observing peers smoke marijuana to smooth social connections will shape youths' beliefs about the significances of their approaches towards their own drug use.

Moreover, youths perhaps do not have to see drug use among effective role models for substance used to be socially demonstrated and reinforced. In fact, merely hearing influential role models speak positively about substance use and people who use substances might endorse the beginning of substance use. Akers et al. (1979) initiate that nearly half of the adjustment in alcohol use and nearly two thirds of the alteration in marijuana use could be anticipated from youth's opinion that important adults, peers, and close friend support of alcohol and marijuana use. Along this line Fisher et al.(1988) claims that the strong relationship between peer substance use and an youth's own substance use branches less from peer inspirations than from the process of friendship selection whereby young people who experiment with substances seek out and befriend other peers who also experiment, Social

learning theory states that birds of the same feather flock together, but it also states that if the birds are human being, they also will influence one another's behaviour, in both conforming and unexpected ways (Boeringer et al.,1991).

The social learning theory is applicable to this study as it demonstrates the elements that influence the use of psychoactive drugs by students at tertiary level pointing to the environment and the individuals' own behaviour as contributing factors. The prevalence rates of drug use can be assumed to be high for both male and female students if the environment they are in pushes them to indulge and also if they desire to. In this case behaviour is also shaped by rewards and punishments that is if one associates themselves with a group of people that indulge into drug use are likely to be shaped into using drugs as well whilst those ones who associate with people who does not drink are likely to be disheartened or punished from pampering thereby linking the theory to the causes of drug use. Furthermore Bandura explains that people have positive expectations after they use drugs for instance on college students they feel high and relaxed, level of concentration when studying for an exam increases, gain confidents and power when performing sporting activities amongst other factors hence these factors links to the effects of the study. In addition the theory explains that seeing others use drugs shapes one's behaviour for instance seeing other colleagues smock marijuana preparing for an exam can highly influence others to also copy such behaviours. More so Bandura claims that at times it does not need to be seen so that one copies but hearing others talk positively about drug use can shape one into indulging thus university students can be shaped into drug use by means of hearing others talk positively about it, thus the theory links to the study.

2.7.2 Operant Conditioning by B.F Skinner (1953)

Operant conditioning can be referred to as a process that tries to change behaviour through the use of positive and negative reinforcement. Through operant conditioning one person creates a link between a particular behaviour and a consequence. According to the theory of operant conditioning, modification of behaviour is the end result of an individual's response to stimuli that occur in the environment hence a reaction produces a consequence. When a particular stimulus-response pattern is reinforced (rewarded), the individual is conditioned to respond (Skinner, 1953). Moreover reinforcement is the key element to Skinner's stimulus-response theory. A reinforce is something that make stronger a desired response (Skinner, 1953). For example, a verbal phrase, a feeling of achievement and fulfilment. Positive

reinforced behaviour results in something good, like a positive consequence. For example, money, approval from family or peers, or even pleasant feelings associated with drug use.

The theory also covers negative reinforcers which are any stimuli that results in the increased frequency of a response when they are withdrawn (Skinner, 1957). Negative reinforcement results in the elimination of something bad. For instance, agreeing to use drugs with friends because they are teasing a person for saying no to drugs. The minute the drugs have been taken, the expected result is that the friends will stop name calling and bullying. Therefore, the drug use has been negatively reinforced (Agnew, 2001). One's behaviour is reinforced and punished by family members, peers, teachers, and others, even though the family and peers are the major sources of reinforcement and punishment for youths (Agnew, 2001).

The theory also states that an individuals' behaviour is moulded by interaction with their surroundings (Akers, 1998). Akers claimed that according to operant conditioning, antisocial behaviour was shaped by a youth's interaction with their environment and deviance-producing surroundings that have an influence on individuals' behaviour through learning mechanisms (Akers, 1998). Furthermore a youth's behaviour is not only a task of their own views and the reinforcements and punishments they receive, but also of the behaviour of the people that mount them. The principle behavioural effects come from communication in or under the encouragement of the crowds individuals surround themselves with. These primary groups are usually friends and family, but can also include secondary groups and mass media (Akers, 1985). Drug use is anticipated to the extent that it has been differentially protected over moderation and is defined by the individual as necessary or justified when he or she is in a situation discriminative for the behaviour (Akers, 1992).

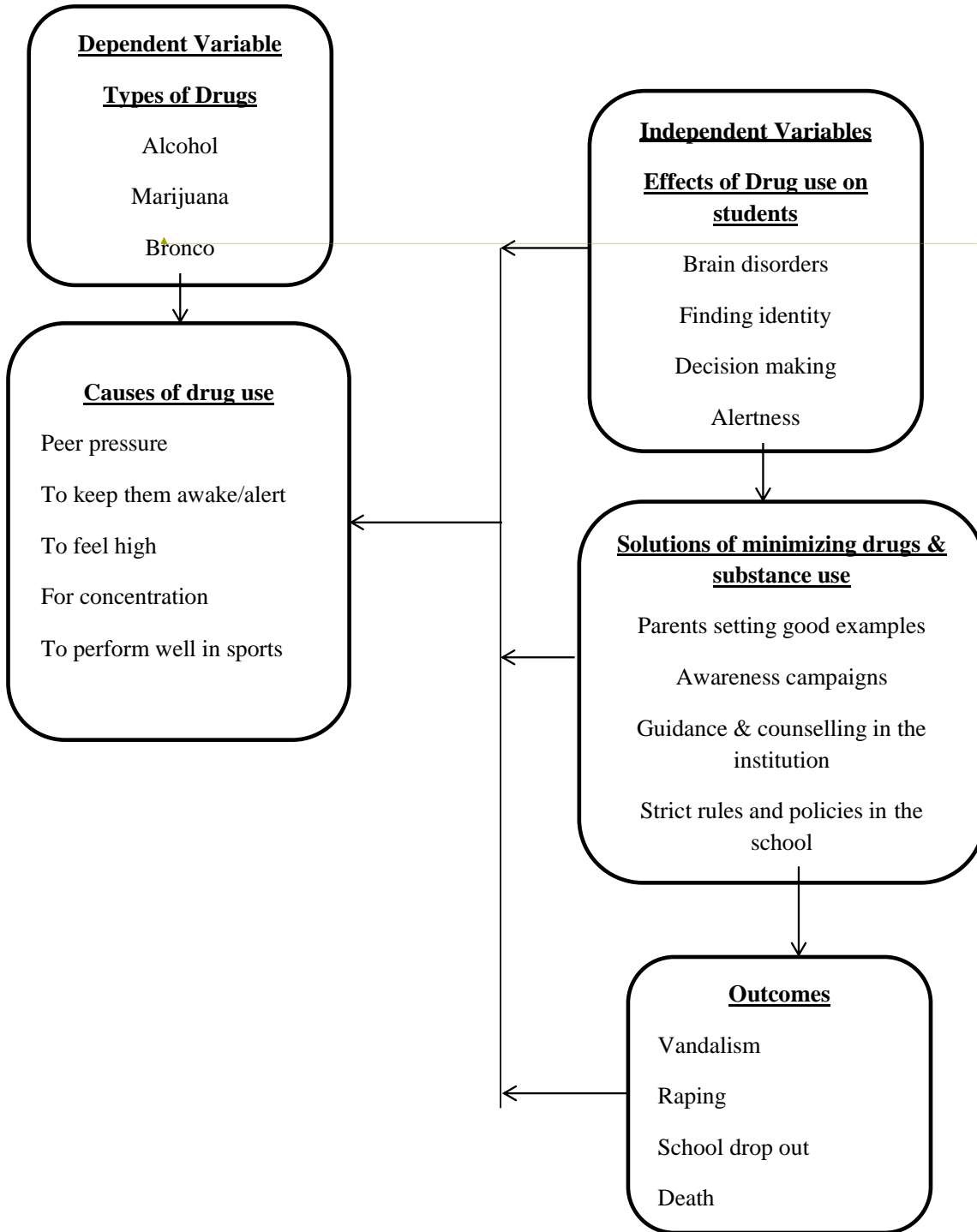
In addition the researches done on operant condition a substance or activity can only become addictive if it is pleasing that is if it is pleasurable or enjoyable. Persons who hate particular substance or activities have little danger for emerging an addiction to those substances. Substance use is a learned behaviour because the preliminary pleasure or enjoyment was rewarding. According to the principle of operant conditioning rewarded behaviours will increase day by day. Research has taught us that when we instantly reward behaviour individuals learn it more quickly. The negative reinforcement of substance abuse makes the undesirable feeling to go away. It is a type of prevention, for instance, some people repeated self-medicate with prescription drugs, alcohol or any other substances because it removes unpleasant feelings of stress or anxiety (Addiction Intervention, 2013).

The theory helps the study to explain why people abuse drugs through positive and negative reinforcement. Skinner's theory went on to explain that substance use is a learned behaviour and because one also has the desire to practise it they justify drug use as necessary, therefore linking the theory to drug use the prevalence rate of using drugs by both male and female students increases due to the fact that they justify it as necessary since one has the desire to do it. It is either because of one's desire to do so or because of pressure from friends and family from their surroundings they come from. The theory explains that through negative reinforcement there is no way one is going to be pressured by their friends and family from their environment to indulge and refuse they have no choice but to please the society hence leads to substance use, thus the theory has a link to the study because of these causes of drug use. To add on in his theory of operant conditioning Skinner links antisocial behaviour to drug use, this is found when an individual does not want to associate with others in the society thus influential behaviours strongly associated with drug use is suspected. This antisocial behaviour links to the study that is noted as an effect of using drugs. Therefore it can be noted that the use of psychoactive drugs among student at tertiary level is strongly influenced by positive and negative reinforcements as well as the environment they are in as supported by BF Skinner.

2.8 Conceptual Framework

It is a group of concepts that are broadly defined and systematically organized to provide a focus, a rationale and a tool for the integration and interpretation of information (Miller-Keane, 2003). Wiersman (1995), a conceptual framework is a model of presentation where researchers represent the relationship between variables in a study and show the relationship graphically or in a diagram.

Drug and substance use among students at Midlands State University in Gweru



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The conceptual framework demonstrates the dependent and independent variables in the study. The dependent variables are the types of drugs and substance accessible bases of young people participation in drug use and the causes as to why students use them whilst independent variables are the effects of drug and substance on young people and possible answers of reducing drug and substance use. The researcher, lecturers, students, government and the community of Midland State University at large desires to put up arms to limit drug and substance use in the contact of the many variables that develop drugs and substance use to encourage preservation, changeover and competition rates.

2.9 Knowledge Gap

There is a gap on the prevalence rates, causes and effects of drug use among students at tertiary level though there are critical in the functioning of each and every individual. Many studies have been done on the prevalence, types commonly used, causes and effects of drugs in general in America and Asia but only a few have been done in Zimbabwe. The need to carry out such studies evaluating the advantages and disadvantages of uptake of these drugs is crucial. Some of these researches done in Europe and Asian universities have biases in terms of drug use they favour their values, cultures and societies hence the way Zimbabwean societies employ it might be different. More so there is also need to carry out a research exploring the student's views and perspectives on how they feel and their experiences with drug use, whether it affects their academic work, curriculum activities in a positive, negative way or not.

In addition it has not been pointed out clearly if whether the strategies that have been put in place by the government and tertiary institutions to curb drug use were being helpful or not therefore tangible measures that bring about change needs to be implemented with immediacy.

2.12 Chapter Summary

The chapter was mainly focusing on the literature review in which the researcher had been concentrating on previous relevant researches that have been done. Studies that were carried out earlier on by other researchers were also included in this chapter for evaluation of the findings from the researcher's current study various writings have been used to find out and gather evidence about researches with regards to the prevalence, types of drugs commonly used, causes and effects of drug use among university students. The chapter has also

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highlighted the definition of key terms which were presented as subtopics; amongst these subtopics each one of them was addressing a unique issue, identifying conceptual and theoretical framework, theories and models related to drug use, knowledge gap on drug use issues were also debated as well as the summary of the whole chapter. The following chapter will be focusing on the research methodology used in the research.

Chapter 3

Research Methodology

3.0 Introduction

Research methodology refers to the systematic, theoretical analysis of the procedures functional to a field of study (Irny, 2005). It covers the theoretical analysis of the body of procedures and principles linked with a branch of knowledge. Normally it involves concepts such as paradigm, theoretical model, phases and quantitative or qualitative techniques (Irny, 2005). Therefore the objective of this chapter is to give the work plan of research. The chapter outlines the research paradigm, research design, and population sample size, sampling technique, research instruments, data collection, data analysis and ethical considerations.

3.1 Research paradigm

The nature of the study used was a quantitative method. According to Creswell (2003) a quantitative approach is one which the scholar mainly uses positive statements for increasing awareness, for example cause and disturb thoughts, decrease to particular variables and hypothesis and question, use of measurement and surveillance and the test of the celebrations, occupies policies of analysis such as researches and surveys and gather data on scheduled instruments that produce numerical data since the study is going to concentrate on discovering the prevalence, types of drug commonly used, causes and effects of drug use among university students . The researcher selected to use this kind of research paradigm method bearing in mind the longing to attain first hand data from the participants to articulate balanced and complete conclusions and recommendations of the study.

3.2 Research Design

According to Smith (2007), a research design refers to the strategy and structure of the research used to attain evidence to response research questions. Parahoo (1997) defines a research design as an idea that describes how, when and where data are to be collected and analysed. This study has adopted a descriptive survey. Descriptive survey design is used in introductory and empirical studies to permit the researcher collect information, summarize, present and understand it for the determination of clarification. It also permits the researcher to describe record, analyse and report situations that exist or existed. This design has permit

the researcher to create both statistical and descriptive data that was used in calculating collation amongst variables. The researcher used descriptive survey research to produce statistical information about the prevalence, types of drugs commonly used, causes and effects of drug use among university students. This field survey suggests that the development of attainment understanding into the general picture of a condition without developing the whole population (Gall et al., 1996).

3.3 Target population

Target population is defined as the total group of individuals from which the sample might be drawn (Borg et al., 1989; Eldman, 1964), defines it as all the associates of a real or hypothetical set of people, occasions or objects to which a researcher wishes to simplify the outcomes of the research study. The target population for this study was comprised with undergraduate students of Midlands State University. Thus the total population for the study will be 16 000 undergraduate students both male and female from all the departments of the institution that are available since some have moved. The study has use simple random sampling technique to get the subjects of the study.

3.4 Population Sample

Population sample is referred to as the concrete number of participants that the researcher is going to work with (Baron et al., 2002). It is for the advantage of the population that researches are done. Nevertheless due to the enormous extents of populations, research often cannot test every individual in the population because it is too costly and time consuming. This is the reason why researchers rely on sampling techniques. The sample consists of undergraduate students both male and female on behalf of the university. The sampling process is very vital to any researcher because the way of sampling regulates agents of the sample to the study population. The research was carried out by 250 male and female undergraduate students from all the departments of the institution that are on campus.

3.5 Sampling Techniques

Burns et al. (2003) refer to sampling as a process of picking a group of individuals, events or behaviour with which to conduct a study. Polit et al. (2001) approve that in sampling a percentage that represents the whole population is carefully chosen. Sampling is closely associated to generalizability of the findings; according to Battaglia (2010) sampling encompasses the collection of a portion of the limited population being studied. Cluster

sampling is a sampling method which has a variety of groups (clusters) of subjects rather than the population and its benefit is that it can be used when it is problematic to choose a random sample of personages but there is a far greater chance of choosing a sample that is not representative of the population (Goodwin et al., 2014). According to Coolican (2009) a cluster is a group in a population carefully chosen at random from among other alike groups and expected to be representative of a population. Cluster sampling includes separating the specific population of concern into geographically different clusters, such as neighbourhoods or families. The information is freely obtainable therefore many individuals use information gathering blocks or groups for their clusters.

A random sample of clusters must be acquired, and then students should be surveyed as a register, Census blocks should be carefully chosen in the early stage through a method identified as probability proportionate to population size which means that a census block with more students is more likely to be encompassed than one with a smaller number of students. Males and females from all the undergraduate departments are going to be chosen to take part on voluntary bases. Creating a structure of the surveillance components may be hard, costly or unmanageable.

Simple random sampling is a subset of individuals chosen from a larger set (Yates et al., 2008). Each individual is selected randomly and completely by chance, such that each individual has the same probability of being elected at any stage during the sampling process. The principle of simple random sampling notes that every object has the same probability of being selected. Simple random sampling only permits one to lure externally valid conclusions about the whole population centred on the sample. Conceptually, simple random sampling is the simplest of the probability sampling techniques. It necessitates the whole sampling frame, which may not be accessible or feasible to construct for large populations. Even if the whole frame is available, more effective methods may be possible if other useful information is obtainable about the units in the population.

Advantages are that it is free from classification error, and it calls for minimum developments knowledge of the population other than the frame. Its simplicity also makes it fairly easy to interpret data collected in this manner. For these reasons, simple random sampling best suits circumstances where not much information is accessible about the population and data collection can be efficiently conducted on randomly distributed items, or where the cost of sampling is small enough to make efficiency less important than simplicity.

3.6 Research Instrument

Research instruments are measurement tools for example, questionnaires considered to acquire data on a topic of concern from research topics (Seaman, 1991). According to Coolican (2004) a research instrument refers to a testing scheme for measuring a given occurrence such as questionnaire, interview or set of rules for observation. The researcher is going to use a questionnaire in the study to collect data.

3.6.1 Questionnaire

A questionnaire is a set of questions for collecting information from individuals. The questionnaire is a well-established instrument in social science research for obtaining information on participant social characteristics, current and older behaviour, principles of behaviour or attitudes and their beliefs and causes for action with respect to the subject under study (Bulmer, 2004). It is generally made up of a list of questions and also comprises perfect orders and space for answers.

Advantages of questionnaire

- A questionnaire is easy to regulate. For example, all the participants will be asked the same question in the same manner. The researcher thus, can be sure that every person in the sample is going to answer precisely the questions that are similar, which makes this a very consistent method of research.
- Questionnaires can be used to discover potentially embarrassing areas more effortlessly than other approaches. The questionnaire can for example be both unidentified and finished in confidentiality. This raises the likelihoods of individuals answering questions justly because they are not frightened by the company of a researcher.
- When data has been quantified it can be used to bring out the similarities and differences on other researches and can be used to measure change.
-

Disadvantages

- Questionnaires take time for respondents, more expensive and more labour demanding than other methods.

- Where the researcher is not present at all times it is hard to know whether or not a respondent has understood a question correctly.
- The presentation of questionnaire design makes it challenging for the researcher to look at difficult issues and thoughts.
- Respondents may answer quickly especially if the questionnaire takes a long time to complete. As a result the common blunder of probing too many questions should be avoided.

The student's questionnaires were used to acquire information on the age, gender, level, classification of the school and establish the opinion of drugs use. The sets of questions in the questionnaire were designed in a way that helped regulate the views of students at tertiary level on the prevalence, causes and effects of drugs and substance use. The response classifications that were used are "always, often, sometimes, rarely and never".

3.7 Pilot Study

According to Creswell (2003) pilot study is essential to form the content validity of an instrument and to develop questions, format and the scale. The researcher has carried out a pilot study on a sample of approximately 10 students by issuing the questionnaire, therefore testing reliability and validity of the instrument under study (questionnaires). The students were asked to comment on the clearness, usefulness of instructions, applicability and suitability of the questionnaire to the university atmospherically context. Informed changes were made in the structure and content before data collection was done it was then taken into consideration that the 10 students that were used in the pilot study were not going to be included in the main study.

3.8 Data Collection

Data for this research was collected through questionnaires but before collection of the data authorisation was granted from Midlands State University's department of Psychology. The study was carried out at the beginning of the semester were the students had no massive pressure. This will allow the participants to concentrate on the questionnaires thus giving detailed information. This therefore means that the researcher got informed consent from the students and lecturers in the sample. Questionnaires were distributed to participants and they were given in time like a week before the time they are supposed to be returned. Data collected was then be gathered and kept in both hard and soft copies for further analysis. In

addition tables and figures were used to present the data obtained from the questionnaires and all the copies of questionnaires had the same questions.

3.9 Data Analysis and Presentation

When the data after field work was collected the researcher edited and counter check completion of questions in order to identify items which were not correctly answered to. The researcher has used quantitative analysis which has helped her analyse data and make summary of the research work which took place. Descriptive numerical values were used in analysing student's response data on the prevalence, causes and effects of psychoactive drug use. The researcher was attentive that not all respondents answered every item in the questionnaire. Answers may have been left incomplete because the respondent did not understand the question, did not know the answer, was not eager to answer, or was simply uninterested to the need to respond the entire questionnaire. According to Abay (2012), if 25% of the items in the questionnaire have been left unanswered, it may be a noble impression to throw out the questionnaire and not include it in the data set for analysis. After the data was analysed, the researcher interpreted it properly.

3.10 Ethical Considerations

According to the encyclopaedia of philosophy ethics refers to a division of philosophy that contains systematizing, guarding and endorsing perceptions of right and wrong conduct. The ethical considerations that are going to be sustained in this research are informed concern, voluntary participation, confidentiality, protection from harm, anonymity and protection from harm and they are discussed in detail below:

3.10.1 Informed consent

Informed consent refers to the promise given by an individual to take part in a research study or any program based on inclusive information regarding the nature of determination of the study or program and their part in it (Bugler, 2003). The researcher is going to explain the purpose of the research, the nature of the study, the benefits of the study and risks if there are any. Therefore anyone who is willing to participate after all these explanations will be considered to have been given informed consent in the research.

3.10.2 Voluntary participation

The participants are not going to be forced to take part in the research but they are going to be given the platform to volunteer willingly. Thus the researcher will stress out her specifics that the students were free to or not to participate. This is done so that they can decide whether to be part of the study or not. Moreover, the participants are going to be notified that they can take part or drop out at any point during the research, if they want to without being reprimanded.

3.10.3 Confidentiality

Confidentiality refer to the handling of information that an individual has revealed in a relationship of trust and with the anticipation that it will not be make known to others in ways that are unreliable with the understanding of the original expose without consent (WHO, 2013). Participants' risk of social harm for instance, private information becoming public is going to be protected by making their responses unknown or confidential that is by using no identifiable information such as the names of the participants. Therefore participants are going to be guaranteed confidentiality as the information going to be established by the researcher is not going to be revealed to any one without their concern.

3.10.4 Anonymity

According to Whelan (2007) providing anonymity of evidence collected from students or research participants means that the scheme does not collect identifying evidence of singular subjects, for instance their names, address emails thus the project cannot link individual responses with participant's identities. It is going to be explained to participants that there will be no proof of identity of names as it was on paper on the instrument and this is done to guarantee anonymity of respondents.

3.10.5 Protection from harm

A study that includes human beings is based on the principle that it should not harm not only the participants but also to those closer to them like their friends, families and the community. The researcher has the primary responsibility to protect the participants from durable and sustained harm. The research is going to be conducted in the school setting where the students spent most of their time at which therefore makes them feel relaxed as the environment will be favourable. The information in the questionnaire is not going to be harmful to the participants but rather clear and understandable.

3.11 Chapter Summary

In summary chapter 3 delivered a framework of research work approach that is going to be applied. The mechanisms of research methodology that were talked over in the chapter consists of research paradigm, research design, target population, population sample, sampling technique, research instruments, data collection procedure, data analysis and presentation as well as the ethical considerations. The next chapter focused on the presentation and analysis of data.

Chapter 4

Research Findings

4.0 Introduction

This chapter presents data collected from respondents on drug use questionnaire. First the chapter begins with presentation of participant characteristics. This is followed by presentation of study findings in relation to the following hypotheses: prevalence of drug use, types of drugs students at Midlands State University use, the causes of drug use, the effects of psychoactive drug use, gender difference in drug use, age difference in drug use and gender difference in student perception of the predisposing factors influencing psychoactive substance consumption. The analysis is made possible with the use of tables and graphs.

4.1 Participant Characteristics

4.1.1 Participants by Age

Table 4.1.1 below shows the age groups, frequencies and total percentages of students who participated in the research. Students who were below the age of 18years were 5 respondents (3.3%), 18-22years 70 respondents which were the highest (46.7%), 23-26years were 51 respondents 34%. Those above 26years had a frequency of 24 respondents (16%). Therefore the researcher found out that students aged 18-22years had the highest number of respondents to drug use.

Table 4.1.1: Participants by Age

Age	Frequency	Percentage
Below 18years	5	3.3
18-22years	70	46.7
23-26years	51	34
Above 26years	24	16
Total	150	100

4.1.2 Participation by Gender

Table 4.1.2 below shows the frequencies and total percentages of male and female participants who use drug in the institution. Males are found to be more frequent users of drugs with 68,7% unlike their female counterparts who had 31,3%. Therefore on undergraduate students males are found to have the highest number of drug users in the institution as compared to the females.

Table 4.1.2: Participants by Gender

Gender	Frequency	Percentage
Male	103	68.7
Female	47	31.3
Total	150	100

4.1.3. Participation by level

The table below show students' respondents by level, level 1.1s had a frequency of 40=(26.7%), level 1.2s had 16=10.7%, level 2.1s had 30=20%, level 2.2s had 24=16%, level 4.1s had 10=6.7%, level 4.2s had 30=20%. There researchers findings suggests that level 1.1s and 4.2s have the highest numbers of students who respondent to the use of drugs.

Table 4.1.3: Participants by Level

Level	Frequency	Percentage
1.1	40	26.7
1.2	16	10.7
2.1	30	20
2.2	24	16
4.1	10	6.7
4.2	30	20
Total	150	100

4.1.4 Participation by faculty

Table 4.1.4 below shows participation of students by their faculty, toward the use of drug. Faculty of social sciences had a total frequency of 66=(44%), law had 10=(6.7%), commerce had 23=(15,3%), natural resources management had 19=(12.7%), education had 27=(18%), medicine had 5=(3.3%) all out of 150 participants. The researcher found out that the faculty of social sciences had the highest number of students who use drugs unlike other faculties.

Table 4.1.4: Participants by Faculty

Faculty	Frequency	Percentage
social sciences	66	44
Law	10	6.7
Commerce	23	15.3
natural resources management	19	12.7
Education	27	18
Medicine	5	3.3
Total	150	100

4.2 Prevalence of Drug Use among Undergraduates of Midlands State University

Table 4.2 below shows the prevalence rate of the types of drugs used by undergraduate students at Midlands State University. Level 1.1 marijuana users 2, bronclear 6, alcohol 11, nicotine 5, caffeine 0 thus gives a total of 24 students out of 150 participants. Level 1.2 those who use marijuana are 0, bronclear 7, alcohol 13, nicotine 5, caffeine 2, this therefore gives a total of 27students. In level 2.1 marijuana user is 1 student, bronclear 5, alcohol 10, nicotine 6, caffeine 1 which gives a total sum of 23 students. Levels 2.2 marijuana users are 5, bronclear 5, alcohol 8, nicotine 5, caffeine 1 which gives a total sum of 24 students. In level 4.1 one person uses marijuana, bronclear 4, alcohol 8, nicotine 2, caffeine 0 with a total sum of 15 participants. Level 4.2s who use marijuana is 1, bronclear 11, alcohol 19, nicotine 6, caffeine 0 total sum is 37 students out of 150 participants. This was done to make the researcher’s data analysis easy. The table illustrates that there are more participants who use different types of drugs in level 4.2 than those in other levels. To add on the types of drugs being used alcohol has the highest number of drug users than any other drug being used.

Table 4.2: Prevalence of drug use

Count		type of drugs					Total
		Marijuana	Bronclear	Alcohol	Nicotine	Caffeine	
Level	1.1	2	6	11	5	0	24
	1.2	0	7	13	5	2	27
	2.1	1	5	10	6	1	23
	2.2	5	5	8	5	1	24
	4.1	1	4	8	2	0	15
	4.2	1	11	19	6	0	37
Total		10	38	69	29	4	150

4.3 Types of Drugs Students at Midlands State University Use

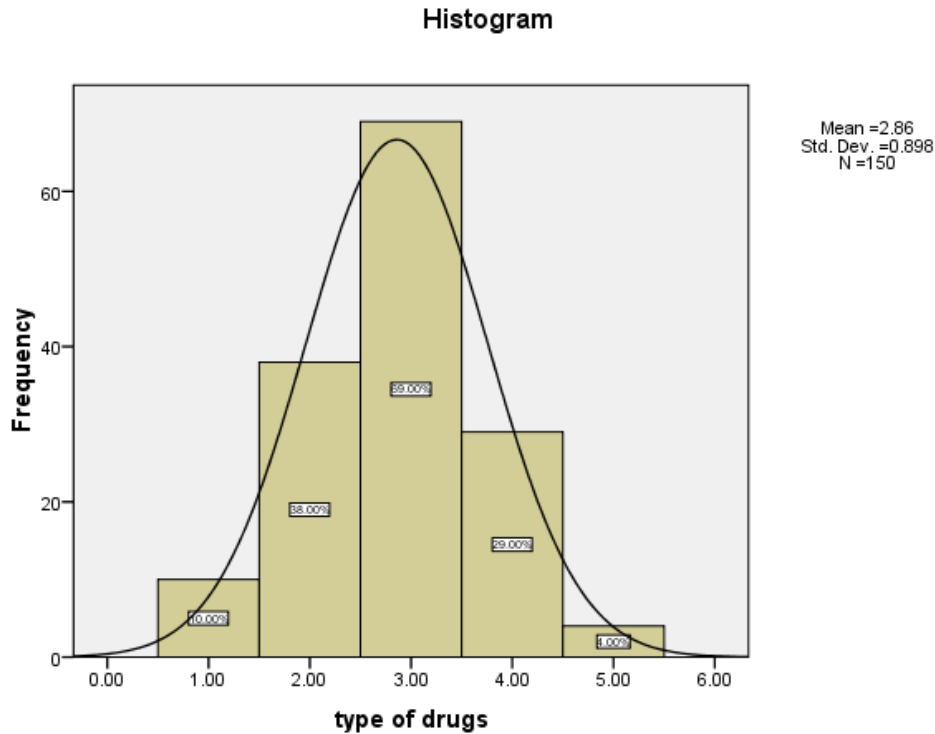
Table 4.3 below shows the types of drugs used by students at Midlands State University. Marijuana users had 10 participants (6.7%), bronclear 38 participants (25.3%), alcohol 69 participants (46.0%), nicotine 29 participants (19.3%), caffeine 4 participants (2.7%). Therefore the researcher found out that the type of drug commonly used by students was alcohol which had the highest percentage.

Table 4.3: type of drugs used

Types	Frequency	Percent
Marijuana	10	6.7
Bronclear	38	25.3
Alcohol	69	46.0
Nicotine	29	19.3
Caffeine	4	2.7
Total	150	100.0

Fig 4.3.1 below shows the types of drugs used by Midlands State University students on a histogram. The most dominating type of drug used by participants was alcohol which had a frequency of 69% (n=150) and 40% (n=150) with the mean of 2.86 and standard deviation of 0.898.

Figure 4.3.1: Types of drugs and frequency



Key

- 1=marijuana
- 2=bronclear
- 3=alcohol
- 4=nicotine
- 5=caffeine

Table 4.3.2: below shows faculties and the total sums of drug used by students at Midlands State University. Faculty of social sciences who takes marijuana are 3, bronclear 14, alcohol 25, nicotine 8, caffeine 1 giving a total of 51 participants. Faculty of law taking marijuana are 0, bronclear 8, alcohol 7, nicotine 6, caffeine 1 which gives a total sum of 22. Faculty of commerce marijuana users are 0, bronclear 8, alcohol 11, nicotine 3, caffeine 0 with a total of 22. Faculty of natural resources management marijuana users are 0, bronclear 1, alcohol 6, nicotine 1, caffeine 0 giving a total of 8 respondents. Faculty of education students who use marijuana are 6, bronclear 5, alcohol 13, nicotine 5, caffeine 2 adding up to 31 participants. Faculty of medicine marijuana use is 1, bronclear 1, alcohol 2, nicotine 4, caffeine 0 with the

total sum of 8. The last faculty of science and technology conducted in the study marijuana users are 0, bronclear 1, alcohol 5, nicotine 2, caffeine 0 giving a total of 8 respondents. The researcher found out that from the 150 participants of all the faculties under study are 69 students taking alcohol had the highest number. Faculty of social sciences experienced a higher rate of those who use drugs with 51 respondents out of 150 participants.

4.3:Table : Programme by type of drugs

Count		type of drugs					Total
		marijuana	Bronclear	Alcohol	Nicotine	Caffeine	
Programme	social sciences	3	14	25	8	1	51
	Law	0	8	7	6	1	22
	Commerce	0	8	11	3	0	22
	natural resources management	0	1	6	1	0	8
	Education	6	5	13	5	2	31
	Medicine	1	1	2	4	0	8
	science and technology	0	1	5	2	0	8
Total		10	38	69	29	4	150

4.4 The Causes of Drug Use among Undergraduate Students at Midlands State University

Table 4.4 below shows the age differences and causes of drug use by students at Midlands State University. Age 18-22years their cause of drug use was peer influence and had 16 participants, family 49, individuals 12 and they had a total sum of 77 participants. Age 23-26years the cause of peer influence were 12, family 33, individuals 8 total sum became 53 respondents. Above 26years peers were 4, family 14, individuals 2 and a total sum of 20. The researcher found out that the family had the highest influence of 96 participants out of 150 respondents and that ages between 18-22years had the highest number of both males and females who use drugs of a total sum of 77 participants out of 150 respondents.

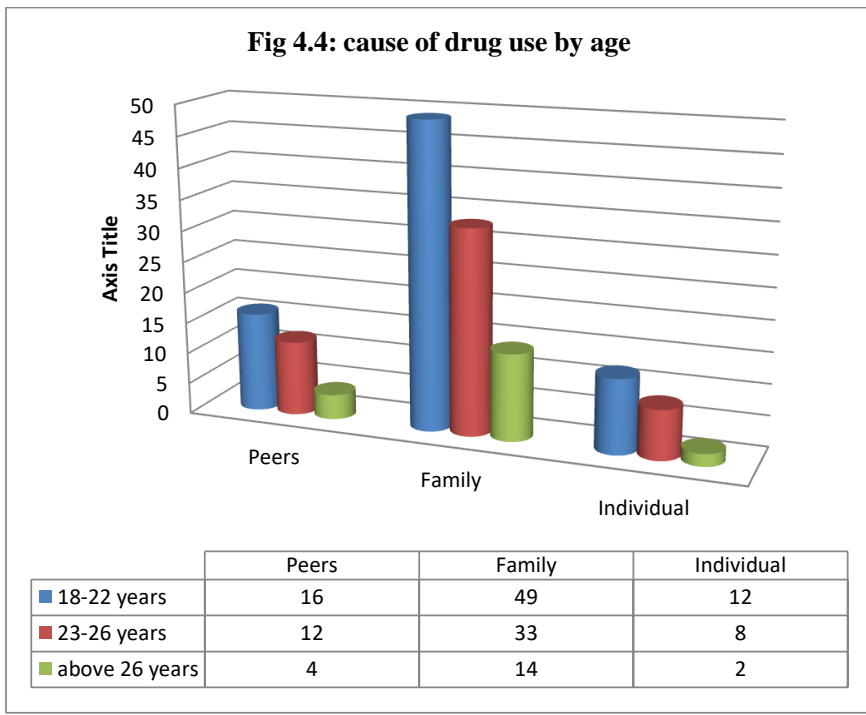


Table 4.4.1 below shows causes of drug use in different faculties of the institution. Faculty of social sciences peers 7, family 34, individual 10 giving a total sum of 51 participants. Faculty of law peers 6, family 14, individuals 2 total sum of 22. Faculty of commerce peers 5, family 14, individuals 3 adding up to 22. Natural resources management peers 3, family 5, individual 0 total sum is 8. Faculty of Education had 6 peer influenced, family 21, individual 4 giving a total of 31 participants. Faculty of medicine peer influenced are 3, family 4, individual 1 which gives a total sum of 8. Faculty of science and technology peer influenced are 2, family 4, individuals 2 giving a total of 8 respondents. Therefore the researcher found out that the family had the highest rate of influencing drug use to students and that the social science programs are said to have the highest number of students who use drugs.

Table 4.4.1 causes of drug use by programme

Count					
		Cause			Total
		Peers	family	Individual	
Programme	social sciences	7	34	10	51
	Law	6	14	2	22
	Commerce	5	14	3	22
	natural resources management	3	5	0	8
	Education	6	21	4	31
	Medicine	3	4	1	8
	science and technology	2	4	2	8
Total		32	96	22	150

Table 4.4.2 below shows causes of drug use and levels in which students indulge in their levels. Levels 1.1 who indulge in drug use because of peer pressure are 8, family 13, individuals 3 giving a total sum of 24. Levels 1.2 peer influence 4, family 20, individuals 3 giving a total sum of 27 participants. Level 2.1 peers 4, family 15, individual 4 giving a total of 23 respondents. Level 2.2s peer influenced were 5, family 14, individual 5 giving a total sum of 24 participants. Level 4.1s peer influenced are 4, family 10, individual 1 adding up to 15. Level 4.2s peer influenced are 7, family 24, individual 6 adding up to 37 participants. Therefore the researcher found out that the family has the highest cause of drug use and that level 4.2s have the highest rate of drug use in the institution.

Table 4.4.2 causes of drug use by level

Count					
		Cause			Total
		Peers	Family	Individual	
Level	1.1	8	13	3	24
	1.2	4	20	3	27
	2.1	4	15	4	23
	2.2	5	14	5	24
	4.1	4	10	1	15
	4.2	7	24	6	37

Table 4.4.2 causes of drug use by level

Count					
		Cause			
		Peers	Family	Individual	Total
Level	1.1	8	13	3	24
	1.2	4	20	3	27
	2.1	4	15	4	23
	2.2	5	14	5	24
	4.1	4	10	1	15
	4.2	7	24	6	37
Total		32	96	22	150

4.5 The Effects of Psychoactive Drug Use among Midlands State University Students

Table 4.5 below shows that there are no significant differences in the effects encountered by individuals within and between the groups involved in the use psychoactive drugs as presented by the 0,573 significant level. In the data presenting differencing between and within groups that use psychoactive drugs.

Table 4.5: Effects of drug use

Effects					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1.275	4	.319	.729	.573
Within Groups	63.398	145	.437		
Total	64.673	149			

4.6 Gender Difference in Drug Use among Students at Midlands State University

Table 4.6 below shows the gender difference in drug use by male and female students at Midlands State University. Males who use marijuana are 4, bronclear 28, alcohol 50, nicotine 19, caffeine 2 giving a total sum of 103 participants. Females who take marijuana are 6, bronclear 10, alcohol 19, nicotine10, caffeine 2 giving a total sum of 47 participants. Therefore the researcher found out that more males use drugs than their female counter parts within the institution.

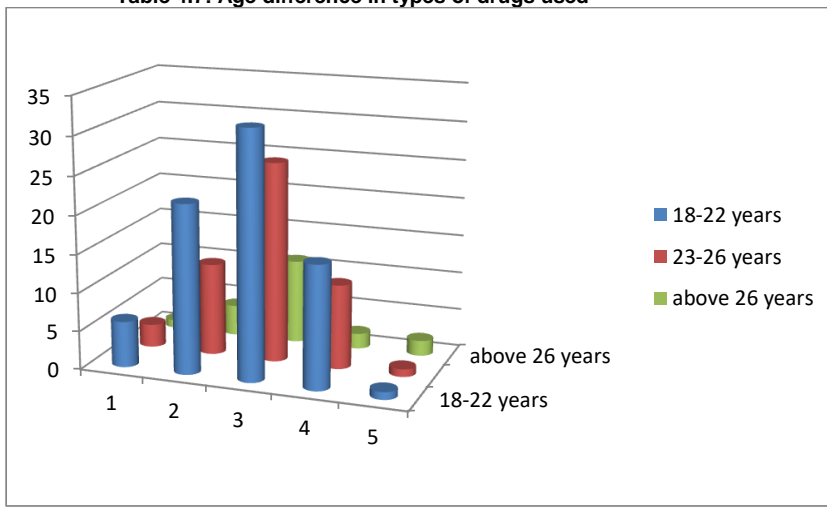
Table 4.6: gender difference in types of drugs used

Count		type of drugs					Total
		Marijuana	Bronclear	Alcohol	Nicotine	caffeine	
Gender	Male	4	28	50	19	2	103
	Female	6	10	19	10	2	47
Total		10	38	69	29	4	150

4.7 Age Difference in Drug Use among Students at Midlands State University

Table 4.7 below shows different age groups of drug users participating in using different types of drug. Ages 18-22years marijuana users are 6, bronclear 22, alcohol 32, nicotine 16, caffeine 1 which gives a total of 77 participants out of 150 respondents. From 23-26years marijuana users were 3, bronclear 12, alcohol 26, nicotine 11, caffeine 1 giving a total of 53 participants. Those above 26years using marijuana is 1, bronclear 4, alcohol 11, nicotine 2, caffeine 2 and add up to 20participants. The researcher noted that the frequent users of these different types of drugs are between the ages of 18-22years alcohol being the most used type of drug.

Table 4.7: Age difference in types of drugs used



4.8 There is no Significant Gender Difference in Drug Use among Students at Midlands State University

Table 4.8 below showed a significant level of 0.870 which is above 0.05 and it is assumed that the prevalence has equal variances. The researcher found out that the numbers in which male and female students use drugs are highly similar in the institution.

Table 4.8: Gender difference in drug use

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Prevalence	Male	103	1.9709	.63333	.06240
	Female	47	2.0851	.61960	.09038

Table 4.8.1 Gender difference and prevalence in drug use

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Prevalence Equal variances assumed	.027	.870	-1.032	148	.304	-.11423	.11074	-.33306	.10460
Prevalence Equal variances not assumed			-1.040	90.990	.301	-.11423	.10983	-.33239	.10393

4.9 There is no Significant Difference between Age Difference in Drug Use among Students at Midlands State University

Table 4.9 below showed a significant level of 0.421 which is above 0.5 on which it is assumed that there is no significant level between age groups as well as within groups. Therefore a positive relationship between the two variables is noted.

Table 4.9 Age difference in drug use

Age					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.882	2	.441	.871	.421
Within Groups	74.458	147	.507		
Total	75.340	149			

4.10 Gender Difference in Student Perception of the Predisposing Factors Influencing Psychoactive Substances Consumption

Table 4.10 below shows that there is no significant variance in the perceptions of the predisposing factors influencing psychoactive substances consumption as signified by 0.566. Therefore the researcher found out that reasons as to why students use drugs is more or less the same amongst both male and female hence equal variances are assumed.

Table 4.10 Gender difference in student perception

Gender	N	Mean	Std. Deviation	Std. Error Mean
Cause Male	103	1.9223	.60536	.05965
Female	47	1.9574	.58820	.08580

Table 4. 10.1: gender difference in student perception and causes of drug use

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Cause Equal variances assumed	.331	.566	-.332	148	.740	-.03512	.10563	-.24385	.17362

Table 4. 10.1: gender difference in student perception and causes of drug use

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	Df	Sig. (2- tailed)	Mean Differenc e	Std. Error Differen ce	95% Confidence Interval of the Difference	
								Lower	Upper
Cause Equal variances assumed	.331	.566	-.332	148	.740	-.03512	.10563	-.24385	.17362
Equal variances not assumed			-.336	91.565	.738	-.03512	.10449	-.24266	.17243

4.11 Chapter Summary

In summary the outcomes from the discoveries indicates that all the aspects that have been considered into having an influence on drug use as most of the respondents were lowly, moderately and strongly affected. Nevertheless there were a small number of issues that the respondents claimed that they modestly disturb their use of drugs. The findings show that many personal, peers, family background, community factors all influence participants use of drugs in the tertiary institution. The chapter presented the data gathered from the research instrument and the responses as provided by respondents at Midlands State University. Further discussions, conclusions and recommendations from these presented results are presented in the next chapter.

Chapter 5

Discussion, Conclusion and Recommendations

5.0 Introduction

The purpose of this chapter is to give a detailed account of the analysis that was done in chapter 4. This chapter discusses the results obtained in the previous chapter and give conclusions and recommendations of the findings to the institution in line with the problems observed and the findings of the study.

5.1 Discussion

5.1.1 Prevalence of Drug Use among Undergraduates of Midlands State University

The researcher found out that the prevalence rate of drug use on level 4.2s have the highest number of drug use than all the other levels with 37respondants out of 150 participants. More so alcohol has been found to have the highest number of drug users than any other drug being used with 69 respondents out of 150 participants. According to the National Survey (2010) on drug use and health substance use among college students is barely new and that students ages 18-25 use of recommended drugs is additional simply to the use of marijuana. This therefore shows that the use of the types of psychoactive drugs like alcohol and marijuana is consistent with the prevalent rates of what other scholars say in their literature.

Several other scholars have consistently linked prevalence rates of drug use between male and females in universities. The prevalence of drug use is not completely on male alone rather it points to the female as well. In the area of alcohol Costello et al.(1978), reported that men are predominant in alcoholism. In common man drink more than women (Chandler et al., 1972). Probably also difference have been found in male and females arrogance to drinking with female as the more liberal group (Mulford, 1983). Furthermore drinking and drinking problem appear to be growing at a greater rate amidst women than amongst men. This therefore shows that the use of the types of psychoactive drugs like alcohol and marijuana is consistent with the prevalent rates of what other scholars say in their literature but the percentage values are inconsistent because the studies are carried out on different settings and different sample populations.

According to the National Household Drug Abuse Survey (2001), people ages 18-25 have the highest prevalence of binge drinking, with a peak rate occurring at age 21. Between 1993 and

1999 the prevalence of marijuana use raised by 22% an increase that occurred among most student demographic groups and at almost all kinds of colleges. Marijuana is used by 24% of college students, cocaine by 4% and hallucinogens by nearly 5%. More so another difference is that in this case alcohol has been found to have the highest number of students who respondent on it which is inconsistent with literature which says marijuana has the highest rate. Moreover there is an element of consistent between the age groups that use psychoactive drugs. In the study of Midlands State University students i found out that around the ages of 18-26 were participating in the use of drugs which is highly similar to the studies in literature which have the most surveyed people of the ages between 18-25years. This therefore shows that this age is the pick on which students indulge in experimental and peer influence use of drugs in tertiary institutions.

5.1.2. Types of Drugs Students at Midlands State University Use

Alcohol is one of the commonly used types of drug in tertiary institutions by both male and female students unlike other drugs. The researcher found out that alcohol had the highest percentage of being used by the respondents that is by 46.0% followed by bronclear with 25.3%, nicotine 19.3, marijuana 6,7 and the least caffeine with 2.7%. When data was analysed by programs the social sciences faculty was found to be one which had a large number of students who participated more in the use of drugs around college unlike other faculties.

The findings are consistent with those found by the United States Department of Health and Human Services (2000) which states that alcohol is the most used psychoactive drug in the United States. It is claimed that about 90% of the students use it before they leave high school into tertiary institutions. In Kenya a report by NACADA (2008) indicated that alcohol is the most commonly used drug by about 61% of the population. The same report indicated that 40.9% of the students were using alcohol in Nairobi Province and 26.3% in Central Province. These percentages being mentioned are simply showing that students are using drugs and it is essential to address this issue with the urgency it deserves. Perkinson (2002) explains that alcohol is mostly a central nervous system depressant and blunts the brain making learning a very difficult task to do. When students get used to the behaviour of using alcohol their cognitive ability get weakened and education becomes of less importance in the student's life.

The findings by the researcher and that by the scholars are consistent in the use of the same type of drug being used by students at college and with a higher percentage of intakes.

However the difference that is there is seen in the percentages are not the same because of the sample sizes that were used, the numbers of people who responded to the test, the responses of some students were high in other types of drugs and the settings as well were different.

5.1.3 The Causes of Drug Use among Undergraduate Students at Midlands State University

The family, peer influence and the individual among university students at Midlands State University have been found to be the major causes of drug use. The researcher found out that the family had the highest number of respondents as a cause with 96 respondents out of 150 participants. Students between the ages of 18-22 years have been found to have a higher number of individual influences. Moreover the researcher found out that among all the faculties that had students participating students from the faculty of social sciences had the highest number of respondents to peer influence. Amongst all the levels to whom participated level 4.2s have been found to have the highest rate of drug use in the institution.

5.1.3.1 The family

These findings by the researcher and the scholarly views are consistent on the cause of the family having the highest rate of influence. According to Amato (1990) the arrangement of the family disturbs the growth of children into adulthood especially children of separated parents have been initiated to be doubled as likely as children from both parents to show a minor level of conduct and criminal behaviour. Young people who do not stay with both parentages are more likely to smoke and use marijuana and other illegal drugs, trainings have stated that youths from have both parents are less probable to be consistent drinkers Schucksmith et al. (1997) and smokers Glendinning et al (1997) than those from either rebuilt or single maternal families. In this case there is consistent in the sense that family can be a cause of drug use if one was brought up in a family that had both parents who use drugs if likely to use and if the other was brought up in an environment that was drug user free they were likely not to engage hence family is a cause of drug use among students at Midland State University.

Moreover the issue of genetic heredity is yet another problem that makes family issues became an influencing factor of drug use. The way one is nurtured need to be measured as well that is parenting can disturb substance use together right and secondarily by persuading recognized originators of substance use such as aggressive actions and other behaviour

problems. In particular, strict corrective practices, poor maternal watching little levels of family attachment and extraordinary points of family struggle donate to both affecting and externalizing behaviours comprising substance use. Of course, family and parenting issues can also play a key advantageous or caring role in avoiding young substance use. For instance, defensive childcare performs contain secure and regular limit-setting cautious observing development and open statement designs with their children (Lochman, 2002). Thus drug use can be said to be inherited from the family this then add on as a factor that supports the family as a cause of drug use.

5.1.3.2 Peer influence

To add on curiosity, social pressure and peer pressure group influence are reported to be primary reasons for the use of psychoactive drugs. Also the need to excel in certain sporting events can lead to drug use. Among athletes the need to enhance performance in sports has led them into the use of illicit drugs. Historically, drugs were used in ancient days especially in the sports scenes in the states of Greece and Egypt. In ancient Olympics psychoactive drugs were used to increase performance (Mackey, 1996). The majority of youths in Nigeria ignorantly depend on one form of drug or the other for their various daily activities including social, educational, political, and morality. Such drugs includes: tobacco, Indian hemp, cocaine, morphine, Heroin, Alcohol, ephedrine, Madras, caffeine, glue, barbiturates, and amphetamines (Abudu, 2008). This literature is in consistent with the notion that peer pressure is a cause of drug use by students at Midlands State University.

5.1.3.3 The individual

Self-concept refers to the way an individual perceives himself or herself in a variety of areas for example academically, physically, socially (Luow, 2001). Core values that self-evaluation is reliant on the person with whom one equates him/her with. Low self-esteem indicates to redefinition of self-concept and this leads the student to get involved in entertaining behaviour specifically drugs and substance use in order to manage. A study by Merki (1993) postulates that when the students are feeling bad about themselves or they are feeling unworthy, unloved and rejected, they turn to drugs and substance use. Intended for when they are extraordinary nothing troubles or pains them psychologically. Some of the factors that cause one to indulge in drug use in order to escape from reality are loss of control and breakdown of close relationships this may lead to feelings of poor self-esteem, sadness, guilt anxiety and self-doubt. In such cases students in tertiary institutions are affected more

because they are in their middle stage of development. During this stage identity formation is important and self-concept plays a major role (Erikson, 1974). Therefore individual factors can be attributed as causes of drug use and this literature is consistent with the researcher's findings.

5.1.4 The Effects of Psychoactive Drug Use among Midlands State University Students

The researcher on the findings of the effects of drug use among college students used anova to ensure consistency and accuracy among items extracted in analysis. The data presented shows that there was no significant difference in the effects encountered by individuals within and between the groups involved in the use of psychoactive drugs as presented by 0.573 significant levels. That significant level was closer above 0.05 which indicates that it is a positive correlation. The researcher concluded that within and between the variables there were slight differences among participants on the effects of drug use thus there is no significant difference in the effects of drug use.

The use of drugs can be considered as an aspect supporting to the increasing occurrences of crimes and mostly to the social cruelty which are becoming too wild in today's society. The researchers findings on the effects of drug use are in consistent with those founded by Haggins (2001) which points out that when a man or woman smokes twenty sticks of cigarette a day for 25 years, there will be reduction of 21.5% of his/her life. He further postulates that the risk of lungs cancer is between 8 and 15 times higher in those people who smoke cigarettes than those who do not. The effects of drugs on undergraduates are not farfetched since drugs are chemical substances that put an end to the body cells, depending with the way the drugs are used because every drug is a potential poison. This therefore shows that there is no significant difference in the effects encountered by individuals within and between the groups that participated.

In addition the effects of cannabis, the most widely used illicit drug, have been reviewed by many authors (LaMond Tullis, 1991). One study which has summarized this work indicates that chronic or acute use of cannabis may result in preoccupation with the immediate present, an impairment of short-term memory and other mental functions, impaired tracking ability in sensory and perceptual functions, adverse emotional and social development of children and adolescents. Reduced cognitive efficiency also results in a decrease in self-esteem, contribution to instability of the individual's sense of identity. Drugs may preoccupy and come to dominate the person's thinking as providing a solution to problems that need, in real,

non-drug solutions. Youths, as well as adults, may take drugs to deal with problems which cannot be resolved by such substance. Therefore the researcher concluded that there is no significant difference between and within groups on the effects of drug use.

5.1.5 Gender Difference in Drug Use among Students at Midlands State University

Evidence in Fig of chapter 4 shows a positive correlation towards the use of drugs that is by the increase of drug use by males which is higher than that of their female counterpart. The researcher found out that males had 103 respondents out of 150 participants whilst their females had 47 respondents out of 150 participants. The male counterparts on all the types of drugs they were responding to alcohol have been found to have the highest responds with 50 respondents whilst females had 19 responds. This then leads to high percentage outcome of 68,7% use on males, 31,3% on females. A total similarity in responds was found in caffeine use where the females had 2 respondents whilst males also had 2 responses. Females have been found to have a higher rate of responses on marijuana use than the males with 6 responses whilst males had 4 responses thus marijuana use has tended to be slightly higher in females than in males. The researcher concluded that there is a higher rate in drug use by males than their female counterparts even though there are some cases in which females are more dominant like in the case of marijuana use.

In a sample of students at colleges across the United States, Engs et al. (1985) found beer to be favoured by males, wine to be ideal for females and purified spirits to be equally favoured by males and females. On the contrary Reiskin et al. (1981) found that males, in two samples of students at an institution stated important more common intake of beer than did females. Nevertheless, there were no significant differences between the sexes, in each sample, in the intake regularity of each wine or spirits. Biber et al. (1980) saw that drinking is united into a broader variety of events for males than for females.

Numerous explanations have been proposed for the differential in drinking forms between male and female (Myerson et al., 1940). Windham et al. (1965) as well as Siefel (1952) referred to the traditional belief that the use of alcohol was a male right. Clark (1967) proposed that drinking differences are founded basically on the anticipation that female sex roles are categorised by what he termed “conventionality”. By this he referred to the recognition of the main authorized principles of morality and propriety”. Preston (1964) likewise stressed that drinking is regularly a sign that differentiates the sexes. Windham et al. (1965) additionally pointed out that females traditionally have a tendency to be economically

reliant on and subordinate to men. Therefore the researcher found out that this scholarly view was in consistent with the studies done at Midlands State University which says that males have a high rate of alcohol use.

The findings are consistent on the issues of marijuana use with those by Compton et al. 2004 who found out that several universities established national studies that stated higher rates of marijuana use among university males than females. For instance, Johnston et al. (2005) initiated that 39,6% of college males as compared to 29,6% of college females described their use marijuana in the previous year. This is inconsistent with the results found by the research which states that females have a high drug use in marijuana than their male counterparts. It has been discovered that males are more likely to use psychoactive drugs and the changes tend to be major at the upper rate of recurrence levels. Among all young grown persons ages 19-30 the rates are very alike at 8,5% for males as opposed to 3,8% for females. However the frequency of prior-year marijuana use is somewhat advanced for males, the frequency for the use of any illegal drug other than marijuana normally has tended to be slightly advanced for females. This study is inconsistent with the researchers study as this supports the notion that males are dominant in marijuana use than their females who are dominant in the use of other drugs.

Moreover the transformation between the sexes has also developed in the smoking domain. The percentage of young women taking up smoking is growing whereas the percentage of young men is cumulative and women appear to have more trouble giving up smoking than men. Jacobson (1979), sex differences in relation to drug use has never continued a controversial issue among researcher as there does not seem to be a specific direction of difference between the exceptional of use by both sexes. This study is in consistent with the researcher's findings that females were dominant in marijuana use unlike their male counterparts.

In 2013, for instance 43% of college males described having five or more drinks in a row above the earlier two weeks versus 30% of college females. Among university students, females had a somewhat higher likelihood of being everyday smokers from 1980 through 1994 even though this long standing gender difference was not seen midst their age peers who were not in college. Nevertheless, a crossover happened between 1994 and 2001, with university males surpassing college females in everyday smoking. Ever since 2001 there has been slightly consistent gender difference in smoking among college students.

Wilsnack et al. (1978) argue that increased drinking amongst females might be as a result of the women's association and changes in women, roles particularly alterations that contain disclosure to once male surroundings and roles. They recommend that modifications in sex roles might upturn women's experience to alcohol and chances to drink; might amend traditional customs in contrast to female drinking in so doing making drinking more allowable and might offer females different objectives and hopes therefore causing stress that alcohol might be used to reduce. This therefore comes as an outcome as to why females in the researchers finding were also being dominant in certain areas of drug use it is because they are now exposed to college life amidst the males who use all sought of drugs like these.

5.1.6 Age Difference in Drug Use among Students at Midlands State University

Students at tertiary institutions start using psychoactive drugs at tender ages like 18years. This is usually the age when one finishes high school and enters into university. Several factors are there to be the causes of one's first drug use such as peer influence, family background, individual forces amongst other factors. In this study the researcher found out that the age group that participated more in drug use at the institution was aged between 18-22. The drug being mostly used was alcohol which had the highest number of respondents. This was then followed by bronclear which also had highest number in all the age groups that participated. In this case the researcher noted that the highest rate is on entry point of new students into the institution therefore there is need of pre-orientation messaging talking about the good and bad of drug use before they get excited by their new freedom from parental care.

This is evident and consistent by the literature according to Adlaf et al. (2003) in a certain study the normal age for smoking was 18.3 years for male and 18.9years for females. This average for cigarette smoking was 18.4years in male and 19.1years in in females and for tramadol it was 20.2years in male and 18.5 years in females. A study in other universities stated that an average beginning age for cigarette smoking was higher among female students than male ones except tramadol and opium users (Soueif et al., 1987). According to this study the average age of most drug users was 18-20years and the main motivation factors were considered as pain relief, being curious, loneliness and friend encouragement. In this case the researcher noted that the average age for drug use by university students is 18 -20 years which is an age group of new students entering the university this then needs special attention by the institutions to find ways of curbing drug use at an early stage of entry.

Statistics on drug use among Australians has regularly pointed to ages 18-24 as the years of most widespread use Mazibuko (2000), the same data for Malaysia have altered since 2008 (NADA, 2013). In 2008 and 2009, admittances to rehab were peak for users aged 25-29years. By differences, the years 2010 and 2011 saw 19-24 year olds being admitted at the uppermost rate, whereas in 2012 and 2013 those aged 30-34 years were most greatly signified (NADA, 2013). Therefore the researcher found out that in literature the use of drugs is dominant from the age of 18 up to early 30s and that most users are males worldwide. However this literature was insistent as the researcher findings did not clear shade a light as to who uses more drugs male or females like what has been clearly noted in literature.

5.1.7 Gender Difference in Student Perception of the Predisposing Factors Influencing Psychoactive Substances Consumption

Students have the same factors that contribute to their use of drugs both male and female. In this study the researcher found out that there was no significant difference in their perception of the predisposing factors that influence substance consumption. The significant level has been found to be 0.566 which is closer above 0.05 which indicates that there was a positive relationship between the perceptions males and females have for using drugs hence equal variances are assumed.

The findings are consistent with those by Kulis et al. (2002) relating manhood to certain substance use actions like smoking and drug addiction was quoted by various female contestants. Protective righteousness and family designation was a preventive reason to substance use amongst females whereas males, on the other hand, saw smoking as a system of manning up and declaring manhood. Some females in the study specified that by means of using water-pipe was better among females since it was a generally known manner for women in their societies (Lara-Cantu, 1990). Previous research has publicized that people use manly characteristics in both genders to calculate substance use behaviour even though connecting femaleness with drug refusal actions. Therefore one can note that either males a different perception of their acceptable use of drugs females also have their opinions which at the end they both end up having no significant difference between student perception in drug use.

Parental intake of alcohol, for instance is linked with young people taking progressive approach towards alcohol. According to McDermott (1984), tolerant parental approach to drug use, as alleged by youths, may be of the same or greater significance than genuine

parental drug use in shaping the young people's use of drugs. Baglioni et al. (1997) reported that students' aims to drink alcohol could be anticipated by their arrogances subjective norms, supposed communicative control, historical behaviour and plans related to drinking behaviour. Gustafson (1993) found that males and high users had durable hopes and rated these effects as more appropriate than did females and low users nevertheless no significant association was found between alcohol consumption and gender. The study is inconsistent with the findings of the researcher in the sense that it has not been mentioned whether the participants had high hopes, rate their behaviours as appropriate or not appropriate than females did.

5.2 Conclusions

The wide spread of drug use by students in tertiary institution has been found to be high because of different factors such as peer influence, individual experimentation, family background amongst other factors. The present study has noted that students that are in their fourth years have a higher rate of drug use than any other levels in the institution. It is assumed that they portray certain behaviour because they are in their final year about to live college life for good. Moreover it can be assumed that because they have grown responsibly they now know how to balance school work and drug use and knowing the advantages and disadvantages of using drugs.

Furthermore the prevalence rate was found to be high among students who are 18-25years, this can be said it is because of acquiring the freedom they never had home, peer influence as well as individual experimentation. The researcher found out that the family background of one can be said to contribute. Females have been found to grow a drinking problem now than they were before. This is assumed that it is because of the exposure they now have rating equality with men thus nothing men can do that cannot be done by women. The issue of percentage values of this study have been found to be different from those of literature because it is probably because of the setting where the study took place as well as the sample population that was used to carry out the study.

The major types of drugs consumed by students at Midlands State University are alcohol, bronclear and marijuana. Alcohol is the most used drug by males other than their female counterparts even though they are some females who are competing with the males on using marijuana. In this case the study reached to a conclusion that strict measures or policies must be

implemented so as to curb the high prevalence rate of drug use around the institution and that it is oriented to every first year student the moment they are enrolled.

In the findings the family background has been found to be the number 1 factor that cause students to use drugs, this is so because some students have been found not to stay with both their parents hence without parental guidance one is likely to indulge in drug use. Moreover other causes discussed were individual experimentation, one's will to try and taste any time of drugs this goes together with peer influence. On peer influence one might not be able to conform to group influence thereby leading to drug use.

On the effects the researcher find out that there is no significant difference on the outcome of drug use by students in the institution. The fact that they are all taking the same types of drugs though in different quantities they have a slight difference on the outcomes they experience. That could possibly be failing to concentrate on school work, headaches amongst other factors all these affect the students as the same consequences of drug use.

The issue of gender difference has been found to have males as ones with high rates of drug use than females in the institution. Their use of caffeine came out to be the same with that of females. Moreover it has been found out that females had a higher rate of drug use in marijuana use than their male counterparts. The researcher can conclude that both males and females have a high tendency of using drugs even though males are said to be higher.

Students between the ages of 18-22 has been found out that they use drugs probably because they are just entering university so they are not well versed with how to handle drug use problems. These new students are said to have been using alcohol at most unlike other drugs. To add on the researcher found out that there is no significant difference in student perceptions on drug use since both their opinions about drug use has been found to have slight differences.

Finally the researcher concluded that there is no significant difference in the use of drugs by students at Midlands State University since both males and females had scored almost the same results.

5.3 Recommendations

Centred upon the literature review and the empirical research numerous endorsements for prevention and intervention programme are planned to help report drug use concerns among

students at Midlands State University. The following are recommendations for active programming to prevent and reduce the use of drugs among students at tertiary level.

5.3.1 Parental influence

- Parents and guardians must efficiently play their role in guiding their children and teaching them the advantages of good behaviours and positive relationships. In simpler terms parents need to be available to pose positive impact on their children.
- Students afford buying drugs through the use of their pocket money and through generosity of friends. It will be of great use if parents or guardians are to be aware of these practices so that they will be able to keep a watchful eye on the expenses being done by their children and to take suitable steps quickly.

5.3.2 Government initiatives/interventions

- The government must pose educational movements in all tertiary institutions and at home to enlighten and empower youths to stay away from drugs.
- The government tertiary must have programmes directed at addressing the problem of drugs use as part of its curricular or extracurricular activities in tertiary institutions. These programs must address all aspects of youth and drugs as well as teaching them empowerment methods that help to keep them away from drugs.
- The government health and security interventions must be vigorously involved in public training on substance use.
- The government must make it clear on its measures and its application to the youth so that organizations involved in youth work will be able to keep track of that plan.
- The law enforcers themselves are involved in drug use and trading with the youths hence there is need for the government intervention to take appropriate action.
- The government should put in place a law on the selling of drugs as well as the arrest and trials of users.
- There must be Peer educators clubs in every institution with students that are well trained and empowered to use counselling skills in persuading their peers to say no to drugs.

5.3.3 The institute of Midlands State University

5.3.3.1 Limit alcohol accessibility

- Midlands State University should implement firm rules on alcohol and drug use by means of necessitating all social events during placement of first year students to become alcohol free, circulate responsible host strategies for on and off campus events, put in an accountable beverage service program, disregard residence hall distribution of alcohol purchases, advertise food and activities, such as dancing or sports, other than making drinking became the focus of the event
- In the institution it is recommended that mental health and counselling programmes be assimilated into the universities health care structure to accommodate for these needs.
- It is vital to widely study the degree of use and related aspects among students of higher learning and tertiary education, as to have inclusive data to qualify planning and application of suitable programmes and interventions to safeguard and recover their health and well-being.

5.3.3.2 Pre-orientation messages

First year students normally have overstated thoughts about how much college students use drugs. Because of that they Want to fit in and being free of parental control for the first time, these students can led by this misperception into a form of heavy drug use that rises their risk serious injury, sexual assault and even death. Social rules advertising movements should be moved out in universities and colleges to try to stabilize these false theories by passing on correct investigated information about student drinking standards. In this case once students feel that there are only few students who drink heavily they will have less social pressure in intake thus moderate their drug use.

5.3.3.3 Offer drug use free preferences

- The university should generate and sponsor anti-drug use programs for students, support student clubs and administrations that are substance-free, create and support service learning and volunteer opportunities, require community service work as part of the academic curriculum and promote intake of non-alcoholic brews and food at occasions
- Empowerment programmes must be planned to help the youth fight back peer pressure that lead to unexpected behaviours.

- The university must make sure that the youths are made alert of all the vocabularies connected with drug use so that they will be well informed to keep away from being negatively influenced due to lack of knowledge.
- The university can also make use of religious affiliations of Christian charismatic Pentecostal churches to encourage the youths and reported to play a positive role in keeping the upright life of the youths.

5.3.3.4 Future researcher

- The study only looked at the students at one institution yet there are other youths outside campus and other universities that could have benefited from this research thus other researcher need to look at a larger perspective.
- The researcher used quantitative method which was limiting her findings thus data gathering techniques such as observations and interviews must also be so that it can be easy to analyse data.
- A large sample was used which made data analysis complicated when analysing and time consuming thus for further research can be carried out using a small sample.
- Further studies should be carried out to investigate collaborations of all tertiary institutions so that they work on measures that can help curb drug use.

5.4 Chapter Summary

The study conclude that male students at Midlands State University use drugs more than their female counterparts and also that females have increase their use basing from the previous years. Since the researcher noted that new students are at risk of using psychoactive drugs it can be concluded that implementation of goal directed programs to reduce and control the prevalence rates, raise awareness on students, increase knowledge on substance disadvantages especially to the entry of new students in the institution.

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Psychoactive Drug Use Questionnaire

Section A: Demographic information

Age; Below 18years

18-22years

23-26years

Above 26years

2. Sex:

Male

Female

3. Programme.....

4. Level: 1:1

1:2

2:1

2:2

4:1

4:2

Section B

For each statement below please indicate with a tick in the appropriate box number which match with the answer of your choice below on scale 1=Always 2= Often 3= Sometimes 4= Rarely 5=Never

Questions

Psychoactive drug use (DAST)

1. Have you used drugs other than those required for medical reasons?

1 2 3 4 5

2. Have you ever used prescription drugs in excess?

1 2 3 4 5

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3. Do you use more than one drug at a time?

1 2 3 4 5

4. Can you always get through the week without using drugs (other than those required for medical reasons)?

1 2 3 4 5

5. Are you always able to stop using drugs when you want to?

1 2 3 4 5

6. Do you use drugs on a continuous basis?

1 2 3 4 5

7. Do you try to limit your drug use to certain situations?

1 2 3 4 5

8. Have you had "blackouts" or "flashbacks" as a result of drug use?

1 2 3 4 5

9. Do you ever feel bad or guilty about your drug use?

1 2 3 4 5

10. Does your spouse (or parents) ever complain about your involvement with drugs?

1 2 3 4 5

11. Do your friends or relatives know or suspect you use drugs?

1 2 3 4 5

12. Has drug use ever created problems between you and your spouse or your parents?

1 2 3 4 5

13. Has any family member ever sought help for problems related to your drug use?

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1 2 3 4 5

14. Have you lost friends because of your use of drugs?

1 2 3 4 5

15. Have you ever neglected your family because of your use of drugs?

1 2 3 4 5

16. Have you been in trouble at school because of you use of drugs?

1 2 3 4 5

17. Have you underperformed academically because of drug use?

1 2 3 4 5

18. Have you gotten into fights when under the influence on drugs?

1 2 3 4 5

19. Have you ever been arrested because of unusual behaviour while under the influence of drugs?

1 2 3 4 5

20. Have you engaged into illegal activities in order to obtain drugs?

1 2 3 4 5

21. Have you been arrested for possession of illegal drugs?

1 2 3 4 5

22. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?

1 2 3 4 5

23. Have you had medical problems as a result of your drug use (e.g memory loss, hepatitis, convulsion, bleeding etc?)

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1 2 3 4 5

24. Have you gone to anyone for help for a drug problem?

1 2 3 4 5

25. Have you been involved in a treatment program specifically related to drug use?

1 2 3 4 5

26. Have you ever been in a hospital for medical problems related to drug use?

1 2 3 4 5

27. Have you ever been arrested for driving while under the influence of drugs?

1 2 3 4 5

28. Have you ever been treated as an outpatient for problems related to drug use?

1 2 3 4 5

29. Does the institution offer any form of drug education or related programmes to students?

1 2 3 4 5