

# **FACTORS INFLUENCING DRUG AND SUBSTANCE ABUSE AMONG THE YOUTH IN MBEERE DISTRICT, KENYA**

**Degree Programme:** [MASTER OF ARTS IN PROJECT PLANNING AND MANAGEMENT](#) [1]

**Student Names:** MURIMI JOYCE WANJIKU

**Student Registration Number:** L50/69662/2011

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Drug and substance abuse is a global problem and is one of the major problems affecting the youth both in school and out of school. This problem impacts negatively on the academic, social, psychological, economical and physiological development among the abusers. The menace of drugs has strangled the youthful population reducing them to dummies, zombies and drooling figures only to waste out the prime of their lives when they are most needed to invest their energy in worthy nation building ventures.

This study sought to establish the factors influencing the use of drugs of abuse among the youth in Mbeere district. It focused on how literacy levels influence drug and substance abuse; whether gender influences substance and drug abuse; the influence of type of employment on drug and substance abuse; evaluation of the role of availability of drugs and substance in drug and substance abuse and lastly whether peer pressure is a contributing factor to drug and substance abuse among the youth in Mbeere district.

A descriptive survey research design was used. Three out of 27 Locations in Mbeere district were purposively sampled for the purposes of the study. Depending on accessibility 40 youths were selected in each location for the study; giving a total of 120 youth. A questionnaire was used to collect information from both the youth and the organizations dealing with youth issues. Data was analyzed using descriptive statistics. The study findings showed that drug and substance abuse among the youth are influenced by literacy level, gender, type of employment, availability of drugs and substances of abuse and peer pressure. Key recommendations made are; effects of drug and substance abuse be part of the syllabus from primary school, media be used to emphasize on the effects of drug abuse, the Government to create employment for the youth and train youth on time management and entrepreneurship, reinforcement of various laws that regulate production and consumption of drugs and substance of abuse and sensitize parents on good role modeling.

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**Project Year:** 20112

**Project Supervisor:** Dr. Esther N. Kioko

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