INFLUENCE OF DRUG ABUSE ON STUDENTS ACADEMIC PERFORMANCE IN PUBLIC UNIVERSITIES IN KIAMBU COUNTY, KENYA

BY

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A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF EDUCATION, HUMANITIES AND SOCIAL SCIENCES IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF BACHELOR OF EDUCATION IN ENGLISH LITERATURE OF GRETSA UNIVERSITY

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DECLARATION

This project is my original work and has not been presented for award of a degree or for any similar purpose in any institution

Signature ……. Date ……...……

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Supervisor declaration;

This research project has been submitted with my approval as the University Supervisor

Signature ……. Date …….…….

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DEDICATION

I dedicate this research project to my Mother Mrs. Kemunto Alice Mogaka for her patience, encouragement and support throughout my study period, her understanding and contribution gave me comfort all through the period of my study.

ACKNOWLEDGEMENT

I wish to acknowledge the assistance of my supervisor Mr. Gakwa Peter in making this project a reality. Gretsa University for giving me a chance to school here. My lecturers for having spent time to give me the necessary skills and knowledge to do this project and my family for being supportive in all ways.

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ABBREVIATION AND ACCRONYMS

AIDS	-	Acquired Immunodeficiency Syndrome
MOE	-	Ministry of Education
NACADA	-	National Authority for Campaign Against alcohol and Drug Abuse
UN	-	united Nations
UNDCP	-	United Nations Drug Control Programme
UNODC	-	United Nations Office on Drugs and Crime
WHO	-	World Health Organization

ABSTRACT

This study purposed to examine the influence of drug abuse on the student's academic performance in public Universities in Kiambu County. Drug abuse among University students had proved substance related problems in later life. The study sought to establish the effects of the drugs as a factor influencing on the performance of students in Kenyatta University. The objectives of the study wer to establish how alcohol abuse influences student's academic performances in public universities in Kiambu County, examine how Marijuana abuse influences student's academic performance in public universities in Kiambu County and to evaluate how Tobacco abuse influence students' academic performance in public universities in Kiambu County. Social development theory was employed. A descriptive survey design was used. The study was located in Kenyatta University. The target population was 7000 and a sample size was 171 respondents but only 144 respondents took part in the study. The data collection was done using questionnaires, interviews and observations. A pretesting was done before data collection. Data analysis was done using descriptive statistics after coding and data cleaning. Frequency tables were used in presenting data. Majority of the respondents were male. The most abused drugs were alcohol, marijuana and tobacco being the least. The reasons for drug abuse were, curiosity, teachers and parents do take drugs, availability of drugs and peer pressure. The institution had mechanisms on dealing with students that had indulged on drug abuse such as campaigns and counseling. Majority of the respondents had negative attitude about drug abuse. Drugs were readily available at a cheap price within the institution proximity. The study noted that students who had abused alcohol, marijuana and tobacco were misbehaving and its effects were noted in low class attendance, poor performance and retake of respective courses. However, influence of drug abuse on academic performance differed from one respondent to the other as they were some students who performed well despite indulging on drugs. The study recommends for a database of university students who over indulge in substance abuse and they should be referred to right social workers who will lead them in interventions.

CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The world we live in shows that drug abuse is a day to day increasing disaster. A drug is revealed to be a proactive substance especially on which is illegal and addictive, ingested for recreational use, a good example being Cocaine. Drug abuse is the misuse of; or overindulgence in drugs for purposes other than medical reasons, thus affecting the individual in a negative way physically, socially or cognitively (Kuria, 1996). The abuse of drugs is a very serious problem facing the world as per now. Not only does it affect psychological and physical well-being of the abusers. But also threatens the social and economic stability of a nation (Mendelson& Mello, 1992:19) our country is faced with a growing problems of substance abuse. This affects citizens because it breeds grounds for domestic violence, crime, family disintegration among others social problems. Earlier on, consumption of drugs like psychoactive substances was strictly meant for elders in special social functions like circumcision and other rituals. As time came to pass there was an increased illegal use of drugs hence a record on prohibition of excessive intake of alcohol was issued in some areas.

A drug can enter the body system through inhaling, chewing, smoking, drinking, injection or rubbing on the skin. Social effects related to drug abuse are reflected in an individual's lack of concentration and class work and loss of memory. Drug abuse is responsible for lost wages a good example being reported that in South Africa, it has been estimated that the use of alcohol costs the country close to 1% its gross domestic products (Weich, 2006:436), destruction of property in schools, soaring health care costs and broken families. This is a problem affecting us all as parents, children, teachers, taxpayers, workers and government officials.

As per (UNODC, 2005) it reported that there were about 5% people which is 200 Million people worldwide consumed drugs at least once towards the end of the year and these people range between the age of 14-65 a report by (UNDCP, 2012) also showcased that 30% of the world population are said to have consumed tobacco and 5% of the world population between the age of 15-16 years do indulge in the intake of drugs illegally. In the year 2014 an estimated 22.5 Million Americans of the 12 and above who reported themselves to get alcohol or illicit drug do use treatment, among them 11.8 Million adults did seek for a mental health treatment and counseling (SAMHSA, 2014). (UNODC, 2012) accounted for Africa and Asia as the population who were using Opium. In year 2013 it was reported that East Africa markets and this was made easier due to its major seaports and airports, porous land borders which provided many entries as well as exit points and also due to the unprotected coastline. Heroin was brought to East Africa from Burma, Pakistan and Afghanistan through Thailand and thus found its way to South Africa, a reverse movement of drugs occurs from South Africa to Kenya and Tanzania (UNODC, 2013) Zanzibar becomes the main entry point (INCSR, 2015) for marijuana which was exported from Afghanistan and Pakistan to the East African Coast. In Tanzania according to (DCC, 2011) the report shows that the actual numbers of drug addicts in Tanzania was to be between 150,000 and 500,000 countywide. Tanzania, is the second county after Kenya in East Africa with a soaring number of drug users majorly being school going teenagers which is a 96% increase. Kenya has reported soaring rate of substance abuse among students in public universities, (Odek-Ogundeetal , 2004) indicated rates of 84% alcohol us and 54% for tobacco.

Conclusively, substance abuse had become a worrying problem to the success and lives of the youth which is evidently a source of sorrow to the guardians, parents and relatives and also a big challenge to the nation as a whole. Therefore, members of the public and the concerned

stakeholders should act urgently and exert adequate attention to the soaring of substance abuse among the youth who will be pour leaders tomorrow.

1.2 Statement of the Problem

Problems of substance abuse seem to be soaring day to day which is alarming both globally as well as in our contextual setting among youths. Most researchers have shown that overindulgence in substance abuse by school going youths do not only affect their academic performance, but also affect their cognitive quotient and thus exposing them to crime. Furthermore, substance abuse renders one's health at risks among other myriad problems (Nyassy, 2010)

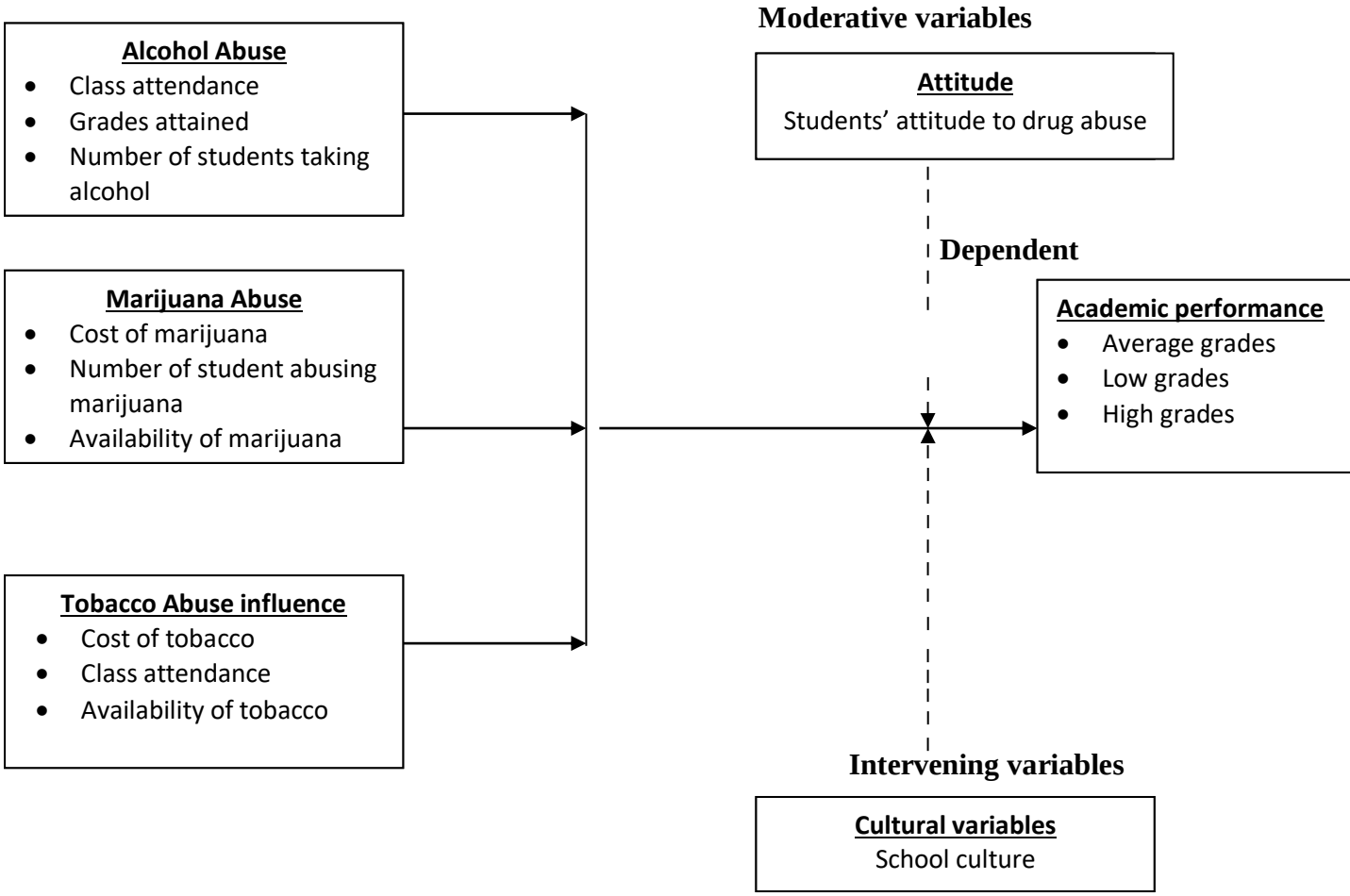
This study, sought to establish the correlation between substance abuse in public universities in Kiambu County in Kenya. The study assessed the reasons as to why students abuse drugs and the types of drugs available to the student's exposure and its effect on the academic performance.

1.3 Purpose of the Study

The purpose of this project was to investigates the influence of drug abuse on students' academic performance in public universities in Kiambu County in Kenya.

1.4 Conceptual Framework

Independent variable



Source: Researcher (2019)

Figure 1: Conceptual Framework

The conceptual frame work has both dependent and independent variables, there is a relationship between the dependent and independent variables, Academic performances is the dependent variable affected by drug abuse such as alcohol, tobacco and Marijuana and thus a

negative impact on academic performance. The ease in accessing drugs at home or at school influence whether the student is likely to be an addict. In universities the effects of this variables on the academic performances is influence by cultural factors, such as lack of intervention and community acceptance which was the intervening variable of the study.

1.5 Research Questions

1. How does alcohol abuse influence students' academic performance in public universities in Kiambu County?
2. How does Marijuana abuse influence students' academic performance in public universities in Kiambu County?
3. How does Tobacco abuse influence students' academic performance in public universities in Kiambu County?

1.6 Objectives of the Study

1.6.1 General Objectives

To investigates the influence of drug abuse on students' academic performance in public universities in Kiambu County in Kenya.

1.6.2 Specific Objectives

1. To establish how alcohol abuse influences student's academic performances in public universities in Kiambu County.
2. To examine how Marijuana abuse influences student's academic performance in public universities in Kiambu County.
3. To evaluate how Tobacco abuser influence students' academic performance in public universities in Kiambu County.

1.7 Significance of the Study

The findings of the study will be helpful to the community, county government, institutions of higher learning and the influence and impact of major drugs on students' academic performance. The study provides useful information to the policy makers on the possible and

appropriate ways in dealing with substance abuse, not only in public universities but also in other learning institutions.

1.8 Scope of the Study

The study was carried out in tertiary institutions of higher learning within Kiambu County, Kenya in particular Kenyatta University. The topical subject was influence of drug abuse on students' academic performance. The drugs on focus were alcohol, marijuana and tobacco. The attitude of the students toward drug abuse and culture of the institution while handling drug abuse cases were also examined. Participants were students and administrators in Kenyatta Universities.

1.9 Limitations of the Study

Students were reluctant in providing information as they thought that the information was to be used to report them to the administration. Researcher assured respondents that this research was purely for academic purpose and their confidentiality was assured.

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

This chapter reviews literature based on the objectives of the study. Social development theory was also reviewed as a theoretical framework.

2.2 Alcohol and Academic Performance

Success is measured by academic performance in all educational institutions with the fact that a student is doing well academically has caught the attention of parents, and employers. Academic achievement is measured by examinations. There is a profound linkage between problem drinking and academic performance. Drinking usually affects biological development of a young person as well as his or her self-school related achievement and behavior. Alcohol damages areas of the brain responsible for learning and memory, verbal skills and visual spatial cognition which are all neurological consequences. Scientists point out that alcohol problems are tied to lower grades, poor school attendance thus absenteeism and has led to an increase in dropout rates. Student's whose peers avoid indulging in alcohol and other drugs perform well academically in Math tests than other students. Hangovers and drinking lead to missed classes and failure in school work. Negative effects of alcohol use can emerge in areas such as planning, spatial operations, attention and executive functioning (Brown et al;200; Giancola & Mezzich, 2000; Tapert& Brown, 1999). Alcohol use affect performance by reducing the number of hours committed to completing homework assignment, studying and attending school. Williamset al (2003), report that heavy drinking has a negative impact on schooling by reducing the time spent studying. Maggs et al (2011) reports that weekends are most popular for substance abuse, social affairs caused students to engage in heavy consuming of alcohol exposing them at higher risks of behavioral and neurocognitive deficits more often. Studies show that poor academic performances at age 13

increased men's chance of becoming heavy and reckless drinkers by age 26 (England et al, 2008)

2.3 Marijuana and Academic Performance

Marijuana use affects adversely university academic outcomes, both directly and indirectly through poor class attendance and thus being a barrier to academic achievement. Marijuana use impacts educational achievements. Ellickson, Tucker, Klein and Saner (2004); Homel, Thompson and Leadbeater (2014), cross-sectional and longitudinal research studies have showcased the negative influence of Marijuana on high school grades, high degree completion (Bray, Zarkin, Ringwatt& Qi, 2000; Horwood et al, 2010; Van Ours & William, 2009), and the like hood of joining college (Fergusson, Horwood &Beautrais, 2003; Homel et al; 2014; Horwood et al, 2010). Heavy Marijuana users who join college are more likely to experience gaps in joining (Arria et al, 2013b) the association between Marijuana use and poor academic performances are very complex and hardly understood. Heavy Marijuana use affects working memory, learning and processing information; functions that are very essential for academic performance (Crean, crane & Mason, 2011; Jager, Block, Luiiten& Ramsey, 2010; Solowij et al, 2011). With long term intake for Marijuana it has been linked to long term changes in the structure of the brain, including the hippocampus, prefrontal cortex and amygdale (Batistella et al, 2014: Churchwell, Lopez-larson&Yurgelun – Todd, 2010; Hall, 2015: Volkow, Baler, Compton & Weiss, 2014; Yucel et al, 2008). These changes are linked with impairments in information processing , IQ, memory, neurocognitive performance and attention (Block et al, 2002, Medine et al, 2012; Solowij et al, 2002) and these effects can persist even after several weeks of abstinence (Bolla et al, 2002; Medina et al, 2007; Schweinsburg et al, 2008). Marijuana intake makes these neurocognitive affects to contribute to poor academic performance among marijuana indulging students, incases when used during adolescence and in regular and heavy (Fontes et al, 2011; volkow et al, 2014).

2.4 Tobacco and Academic Performance

High school burnout and low schoolwork engagement correlate with low academic performances; they are mutually independent risk factors for tobacco smoking. It is well established that poor academic performance is related to smoking. Students that perform well academically are less likely to indulge in tobacco smoking, while those whose performance is weak smoke much more often (Bryant et al, 2000, Pennanen et al, 2011; Schnohr et al, 2009). A study shows that the prevalence rate of tobacco use was 26.4%. studies have indicated an alarming soaring in water pipe smoking (Eissenberg & Shihadeh, 2009). The water pipes are known by different names from one region to another in the world, these include,arghile, shisha, hookah, narghile and hubblebubble. The water pipe tobacco smoke contains and produces toxic substances similar to those in cigarette smoke, including hydrocarbons, carbon monoxide, nicotine and carcinogenic polycyclic aromatic volatile aldehydes. (Eisseberg and Shihadeh, 2009) reported that a single water pipe tobacco smoking session may involve the inhalation of so to 100 times the smoke volume inhaled from single cigarette.

Water pipe smoking is associated with negative health problems similar to those of cigarette smoking. It is also associated with poor concentration levels due to the presence of hallucinogen properties since it contains the harmalaalkaloids Harman and norhaman, which are hallucinogens.

(Bryant et al., 2000; Ellison et al, 2001) reported that the link between school achievement and smoking may result in a decline in school achievements and might lead indirectly to poor school performance (Bryant et al., 2000) Ellickson et al. (2001) showed that early indulging in smoking experience were at a risk of poor grades later on.

2.5 Theoretical Framework

This study used the social development theory so as to address the problems associated with drug abuse. Eze and Omeje (1999) assert that, the theories on drug abuse would show that some people surely do depend on certain drugs for their survival depending on a number of reasons. As per Eze and Omeje the main emphasis of the theories was that people have personal reasons as to why they indulge in one type of the drug or the other.

The social development theory by Hawkins and Weis (2002), suggests that individuals develop bonds to organizations and groups when they experience opportunities for involvement, possess necessary skills for involvement, and receive positive feedback regarding their involvement. With the fact that youths form groups that engage in similar activities explains the social development model which highlights the steps to developing programs that promote positive behavior development and bonding.

The primary socialization theory suggests that; depression, anxiety, and low self-esteem are some of the characteristics related to drug abuse and deviance have strong effects on the primary socialization process among younger children. Traits like anger, sensation seeking and aggression are related to drug abuse and deviance because these given traits are more likely to influence the primary socialization process at all ages.

2.6 Research Gap

Despite the fact that different researches have been done on drug abuse, quite little is known concerning the impact and relation of drug abuse on academic performance in public universities in Kiambu County.

CHAPTER THREE: RESEARCH METHODOLOGY

3.1 Introduction

This chapter comprises the research design, target population and the samples under consideration, data collection methods, and the research tools and instruments and data analysis. Conclusions will be met upon combination of all these components and conclusions will be made. Research methodology provides a framework under which the study is conducted. Methodology plays a significant role by providing tools to carry out the study in a scientific manner.

3.2 Research Design

The study adopted a descriptive survey design which was less expensive compared to use of experiments as a strategy. It helped researcher to use various data collection methods like questionnaires, guided interview, documentation and observation in collecting the data (Kothari, 2004). The descriptive survey analysis can manufacture applied math info regarding the influence of medicine on students' tutorial performance, therefore gaining insight into the final image of a state of affairs, while not utilizing the whole population (Gall, Borg & Gall, 1996:28).

3.3 Target Population

The target population for this study consisted of undergraduate students from public universities in Kiambu County which was Kenyatta University. Therefore, the total population for the study was 7000 subjects including staff administrators who were a total of 20. The study employed the simple random sampling technique to get subjects meant for the study.

Description	Student Population	Sample size
Kenyatta University	7,000	151
Total	**7,000**	**151**

Table 1: Target population and sample size

3.4 Sampling Size and Technique

Sampling refers to selecting a given number of subjects from a defined population to be representative of the population.

The survey employed a sample size determined using the Sloven's formula

Altaves et al. (2003)

$$n = \frac{N}{1+N(e\text{^}2)}$$

Where,

n = sample size

N= total population

e= margin of error (5%)

The study was conducted in Kenyatta University. From the 7000 students, the researcher employed non-probability snow ball sampling to select 151 undergraduate students who were used for the study.

3.5 Research Instruments

The study was meant to collect quantitative and qualitative data required for the study and that was why questionnaires and observation were used to collect data. The questions were in open and closed ended format, the researcher pretested the questions with a respondent few respondents and corrections were made before giving out questionnaire to the respondents in the actual study. Qualitative analysis consisted of notation of behavior events and the surrounding context and it was through observations.

3.6 Validity of Measurements

According to Schumacher (2006), validity is the degree of congruence between the explanations of the phenomena and the world's realities and it seeks to measure what it is supposed to measure. To enhance validity, convergent validity was employed. Convergent validity is established when there is high degree of correlation between two different sources responding to the same measure. The researcher ensured continuous refinement of the data collection techniques and sampling throughout the process.

3.7 Reliability of Measurements

A measures' reliability was established by testing for both stability and consistency of a research instrument. Consistency showed how the items measuring a concept hold together as a set. Since this study reflected the correlations between two halves of asset of item, the coefficients obtained varied depending on how scale was spilted and thus the researcher used the split half co-efficient technique. Cronbach's alpha was a reliability coefficient that indicated how well the items in a set were correlated to one another positively.

3.7 Data Collection Techniques

The researcher sought permission from the Kenyatta University administration to administer questionnaires to the students in the university. Questionnaires and interviews were used to collect primary data for the study. A drop and pick later method of questionnaire was employed. All interview schedules and questionnaires were printed and administered to the respective respondents to gather immediate feedback. The assembled data were stored in both

hard copies and softcopies for further analysis. The data assembling process was estimated to take approximately 3weeks.

3.8 Data Analysis

Data collected through interviews were sorted and coded. Quantitative data was organized into categories, themes and patterns pertinent to the study for easy identification of information relevant to the research questions and objectives.

According to abbey (2012) data has to be edited, especially when they relate to responses to open ended questions of questionnaires and interviews. The blank responses, if any, were handled, coded and a categorizing scheme was set up. The data was keyed in and a software program of Statistical Package for Social Sciences (SPSS) 2014 Version for easier analysis.

3.9 Logistical and Ethical Considerations

Gakuu (2010), ethical issues are an integral part of the research implementation process and planning. They are a code of conduct of behavior while conducting research. The researcher treated respondents with respect and ensured procedures were fairly administered and reasonable. The participants privacy and confidentiality were guarded and an explanation on the real purpose and use of the research aired out. The information gathered were confidential and for academic purpose.

CHAPTER FOUR: FINDINGS AND DISCUSSION

4.1 Introduction

The chapter presents results that were settled on from the analysis of the data collected using questionnaires, observations and interviews. The data analysis was presented in tabular summaries with the findings discussed. The identity of those who participated was protected through allocation of numerical numbers so as to distinguish those who participated.

4.2 Response Rate

There was extremely great response to the questionnaires that were given out to the respondents. Also, the researcher made sure that the participant's identities were protected. The study however, noted that out of 171 respondents, only 130 respondents actively took part in the study. For administrators, out of 20 administrators, only fourteen administrators took part in the study. The total number of participants that took part were 144 respondents. The total response rate was 75% which was derived from the total sample size of 191 out of active participants of 144.

Responses	Frequency	Percentage
Active students	130	90%
Active administrators	14	10%
Total	144	100%

Table 2: Active response rate

Responses	Frequency	Percentage

Passive students	41	87%
Passive administrators	6	13%
Total	**47**	**100%**

Table 3: Passive response rate

4.3 Description of the Respondents

According to table four below, out of the 144 participants, the study showed that 88 respondents were male while 56 respondents were female.

Gender	Frequency	**Percentage**
Male	88	61%
Female	56	49%
Total	**144**	**100%**

Table 4: Gender

4.4 Drug Usage

The study wanted to find out if respondents and in this particular case students if they had ever used either alcohol, marijuana or tobacco. The study revealed shocking statistical figures, it was found that ninety respondents had used indulged in drug abuse while forty respondents had never abused drugs. Table five reveals drug usage among the students that took part in the study.

Drug indulgence	Frequency	Percentage
Yes	90	69%
No	40	31%
Total	**130**	**100%**

Table 5: Drug indulgence

4.5 Reasons for Drug Abuse

The respondents who participated in the study gave various reasons why they indulged in substance abuse. The reasons were, curiosity, teachers and parents do take drugs, availability of drugs and peer pressure. According to the study, the study found out that 52 respondents stated that curiosity was that main reasons for drug abuse. As per the respondents most youths were after making experiment on most things in life and substance abuse leads the list. Respondents reported urge and desire for alcohol, marijuana and tobacco was reason to taste it. The study also noted that 44 respondents argued that influence from peers was the reason of abusing drugs. Through interviews, participants explained how their friends lured them into the use of substance mainly in night parties, social gatherings and in the middle of their friends while abusing drugs. According to 35 respondents, availability of alcohol, marijuana and tobacco within the area had led to over indulgence of drugs. Respondents interviewed said that drugs were within easy reach and at the exposure of the students and were sold at a cheap and affordable price. Respondents further stated that drugs were available in participant's locality, and the sources where they purchased these drugs included, kiosks, slum areas, fellow students and night clubs. As per 13 respondents, they felt that teachers and parents who abused drugs had led to their children imitating them hence the reasons for some students indulging in abusing drugs. Respondents interviewed said that the people they look up to and if they indulge in substance abuse so were their juniors. One of the respondents reported that he so his father laughing after smoking marijuana and he wanted to feel the same way.

Reasons for drug abuse	Frequency	Percentage

Curiosity	52	36%
Peer influence	44	31%
Availability of the drugs	35	24%
Teachers and parents abusing drugs	13	9%
Total	**144**	**100%**

Table 6: Reasons for drug abuse

4.6 Attitude toward Drug Abuse

Respondents had mixed reactions about usage and consumption of drugs commonly used by students. The study showed that ninety-four respondents had negative attitude towards drug abuse. Through interviews they argued that students were using almost every shilling in their pocket to abuse drugs. Respondents also stated that students were misbehaving after abusing drugs and engaging in immoral behaviour. Respondents further argued that hangover led to most being less productive especially early in the morning and could even abuse drugs again to be active as it was a habit. This was also noted through observations in specific areas where students were abusing drugs. As per fifty respondents, they had positive attitude towards drug abuse. They stated that drug abuse totally depended on the way others perceived it. Respondents further stated that some of the addicts were behaving normally and were doing so for their own pleasure without infringing on others rights.

Attitude	Frequency	Percentage
Positive	94	65%
Negative	50	35%
Total	**144**	**100%**

Table 7: Attitude toward drug abuse

4.7 Institution Culture

The study wanted to find out how Kenyatta University tackled the issue of drug abuse. The study found that sixty-six respondents stated that there were campaigns for drug abuse, counselling offered to drug abusers and also strict policies for any students found indulging drugs within the institution premises. Study findings revealed that forty-seven respondents stated that it was difficult to assess way students who had abuse drugs were treated as majority abused outside the institution and could not ascertain their behaviour and reaction after abusing drugs. From the responses of thirty-one participants, it was noted that they were not aware of the institution culture towards drug abuse as they had not stayed long in the institutions and also had not adapted to the culture of the institution.

Institution culture	Frequency	Percentage
Positive; campaign and counseling for drug abuse and strict policies	66	46%
Not sure; majority of abusers did it outside the institution	47	33%
Neutral; only stayed for a short period within the institution	31	21%
Total	**144**	**100%**

Table 8: Institution culture

4.8 Drug Abuse and Academic Performance

The participants in the study gave and showcased the extent to which drug abuse had affected the academic performance and this include, poor grades, repeating exams, poor class attendance and dropping from school. The respondents reported that doing their assignments was quite a tussle, concentration in class was hard thus leading to failure in school work that made them not to pass well and thus repeating some courses. According to fifty-nine respondents, students who had abused drugs attracted low grades while forty-six respondents felt that students indulging on drugs had average grades. The study further noted that thirty-nine respondents had different view and stated that some students abusing drugs had attracted high grades and gave priority to their academics despite abusing drugs.

Academic performance	Frequency	Percentage
Low	59	41%
Average	46	32%
High	39	27%
Total	**144**	**100%**

Table 9: Drug abuse and academic performance

4.9 Regression Analysis

Regression analysis was used to evaluate the influence of drug abuse on students' academic performance in Kenyatta University. Regression analysis results elaborated how changes in the dependent variable in this study were explained by changes in the independent variables. This was illustrated by the coefficient of determination in the model below. The explanatory power in regression model was explained by R^2. The model summary below revealed that R^2 was 73.8% (.738). This was a positive regression in terms of explaining how dependent variable (academic performance) was used explaining independent variables (alcohol, marijuana and tobacco abuse among students).

Model	R	R square	Adjusted R square	Std error of the estimate
1	.859[a]	.738	.693	.682

Table 10: Model summary

4.10 Analysis of Variance

The analysis of variance helps to check the fitness/significance of the regression model used in this study. Any model with a significant level of 0.05 is usually significant. In table 11 below, the significant level was .000 hence the model was fit. From the findings, null hypothesis was rejected since F value was 96.928 which was greater than the tabulated value of 5% significant level at 5 as a degree of freedom (DF). Therefore, there was a significant relationship between study dependent variable and independent variables.

Model	Sum of square regression	DF	Mean Square	F	Sig.
Regression	74.159	5	45.362	96.628	.000b
1. Residual	33.841	66	.503		
Total	108.000	71			

Table 11: Analysis of variance

4.11 Coefficient of Determination

From the study findings in table 12, it elaborated unit change and significant level between dependent variable and independent variable. When dependent variable of this study was at constant, unstandardized coefficients in the table below explained the unit change in independent variables. The independent variables in consideration were alcohol abuse,

marijuana abuse and tobacco abuse while the dependent variable was academic performance. $Y=\beta 1X1+\beta 2X2+\beta 2X3+c$ was the guiding equation of the coefficient of determination. In the context of this study, Y was dependent variable (academic performance), X1 was alcohol abuse, X2 was marijuana abuse, X3 was tobacco abuse while c was the constant coefficient. Therefore, the study equation was $Y= 0.75X1+0.58X2+0.37X3+1.732$. Y was the dependent variable. When independent variables were at constant then adolescent girls aged 14-17 years was at 1.621. Significantly, alcohol abuse had the highest value of 0.485 followed by marijuana abuse with a value of 0.481 and tobacco being least significant with a value of 0.313.

Model		**Unstandardized coefficient**		**Standardized coefficient**	**T**	**Sig.**
		B	Std. error	Beta		
1	Constant	1.732	0.126		0.808	0.684
	Alcohol abuse	0.75	0.193	0.193	0.741	0.485
	Marijuana abuse	0.58	0.168	0.177	0.519	0.481
	Tobacco abuse	0.37	0.142	0.151	0.523	0.313

Table 12: Coefficient of determination

CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The study gave summary of the study, conclusions and recommendations.

5.2 Summary of the Findings

The total number of participants that took part were 144 respondents. The total response rate was 75%. Majority of the respondents were male. The most abused drugs were alcohol, marijuana and tobacco being the least. The reasons for drug abuse were, curiosity, teachers and parents do take drugs, availability of drugs and peer pressure. The institution had mechanisms on dealing with students that had indulged on drug abuse such as campaigns and counseling. Majority of the respondents had negative attitude about drug abuse.

The first of objective of the study was to establish how alcohol abuse influences student's academic performances in public universities in Kiambu County. It was first noted that it was mostly abused in Kenyatta University. It was readily available at a cheap price within the institution proximity. The study noted that students who had abused alcohol were misbehaving and its effects were noted in low class attendance, poor performance and retake of respective courses. However, influence of alcohol abuse on academic performance differed from one respondent to the other as they were some students who performed well despite indulging on alcohol.

The second objective was to examine how Marijuana abuse influences student's academic performance in public universities in Kiambu County. The study found that marijuana was secondly abused after alcohol. Abuse of marijuana had varying behaviour among abusers and the way respondents perceived marijuana also differed. However, abusers of marijuana performed differently and respondents stated that majority of students abusing marijuana performed poorly while few performed excellently.

The third objective was to evaluate how Tobacco abuse influence students' academic performance in public universities in Kiambu County. The study noted that tobacco was not much abused compared to alcohol and marijuana. It was noted that students abused it outside the institution but were noted with the smell of tobacco while communicating and others managed to minimize the smell through use of sweets or chewing gum. The study revealed that poor grades, repeating exams, poor class attendance and dropping from school were witnessed among tobacco abusers. The respondents reported that concentration in class was hard when in need of tobacco but could not find it.

5.3 Conclusion

The research out rightly established that the reason why most of the university students indulged in substance abuse was to feed their curiosity, parents and lecturers were indulging in substance abuse, availability of drugs at their own convenience and at a cheaper and affordable prices and lastly out of peer influence and the urge to be accepted by friends who did abuse substance. It came to researcher attention that most drug users had a strong social life compared to that of the non-users and their relationships networks had supportive traits, nevertheless, with them relationships were all intimate and they also reported to be less stable over time.

Those who indulged in smoking marijuana and drinking alcohol in Kenyatta University were found out to be friend since the users were likely hailing from the same neighbourhood than friends of the non-users. The intervention strategies are called upon to include schools and neighbourhood based strategies to man the situation.

5.4 Recommendations for Policy

1. There should be a database of university students who over indulge in substance abuse and they should be referred to right social workers who will lead them in interventions.

2. Participants mentioned that they purchase most drugs like alcohol and marijuana from kiosks owners and drunk alcohol in night clubs. With this evidence it still showcases that even with strict laws in place, some of the night club owners do not comply with the laws at all. The kiosk attenders are likely not only selling goods that are in the business licenses. With such, it creates implications for policy makers to strengthen the strategies employed to monitor, implement and evaluate those policies.

3. There is need to educate entrepreneurs, kiosk owners, parents and the community at large in the remote areas about the liquor act to be implemented. The non-complaints of the liquor act were to be reported. (Liquor Act No. 59 of 2003).

5.5 Recommendation for Further Research

This study recommended use of a large sample with female participants, covering a wider geographical area for future investigation, this ensures an improvement in generalizing the findings. Youths of the same age to that of those in the university should also be used in the study. The study focused only on alcohol, marijuana and tobacco, there is need to focus on other drugs abused by students and give appropriate interventions to help students indulging on drugs and improve their academic performance.

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APPENDICES

Appendix I: Introduction letter

Dear Respondents,

RE: ACADEMIC RESEARCH ON THE INFLUENCE OF DRUG ABUSE ON ACADEMIC PERFORMANCE IN PUBLIC UNIVERSITIES IN KIAMBU COUNTY.

I am a student at Gretsa University pursuing Bachelor of Education in English Literature. I am conducting an academic research on the influence of Drugs on students' Academic Performance in Public Universities in Kiambu County.

You have been selected to provide information on Drug and substance Abuse and how it affects student's performance and I seek your permission. I take this opportunity to guarantee you of full confidentiality of the data you provided which will be only used academic purposes.

Yours faithfully,

Immaculate Ayora.

0797167051

Appendix II: Questionnaire

RE: INTRODUCTION

Dear respondent, your questionnaire is aimed at gathering primary data on the influence of drugs on students' academic performance in public universities in Kenya. You are kindly requested to fill in the answers on the space provided. The information you provide will be treated confidentially and used for the purpose of accomplishing academic goals. Note that there are no right or wrong answers. Please do not include your name anywhere in the questionnaire

Please respond to the following items by marking the correct or appropriate option with √ in front of the response to depict your opinion or providing answers to the questions as appropriate

PART I- GENERAL INFORMATION

1. Gender

Male ☐

Female ☐

2. Have you ever used drugs other than for medicinal purpose?

Yes [1] ☐

No [2] ☐

3. If yes and not currently using, for how long did you use them?

1 - 2 years [1] ☐

2 – 3 years [2] ☐

3- 4 years [3] ☐

More than 4 years [4] ☐

4. Why do students use drugs? Indicate the right number in the box. You can tick more than one	
a. To increase intelligence	
b. To be accepted by friends	
c. Out of curiosity	
d. Teachers/parents take drugs	
e. Availability of drugs	
f. A lot of pocket money	
Other: specify	

PART II – Reasons why student Engage in Substance Abuse

5.	**To what extent do you agree with the following statement**	**Strong agree**	**Agree**	**Uncertain**	**Disagree**	**Strongly disagree**
	Peer Influence					
	Because they have a lot of Money					
	Due to weak policies against drugs in school					
	Stress associate Issues					
	Availability of drugs in Institutions of learning					
	Drugs are legal only in school.					

PART III- In your own opinion, which are the main sources of abused drugs? You can tick more

6.	**Sources**	**(√)**	
	Kiosks/small shops		
	Slum areas		
	Fellow students		
	Hospitals		
	Watchman		
	Night Clubs		
	Others (please specify)		

PART IV- Commonly Abused Drugs in Universities

7.	**To what extent has the following drugs affected the student population in your University.**	**No Extent**	**Little Extent**	**Average Extent**	**Great Extent**	**Very great Extent**
	Alcohol					

	Marijuana					
	Barbiturates					
	Tobacco					
	Sedatives					
	Other (specify)					

PART V- effects of drugs on students' academic performance in Kiambu County.						
		25				
8.	**Indicate extent to which drug abuse has affected the students' academic performance in Kiambu County**	**Extent**	**Little Extent**	**Average Extent**	**Great Extent**	**Very Great Extent**
	Poor Grades in School					
	Repeating same class/Exam					
	Class Attendance					
	Suspension					
	Low Concentration in Class					
	Other (Specify)					
PART VI – Social Effects of Drug Abuse						
9.	**In your own opinion, do students whose take drugs in school more social than one who don't? You can tick**	**(√)**	**REASON FOR YOUR ANSWER**			
	Yes					
	No					
-End- Thank you for taking time to complete the questionnaire						