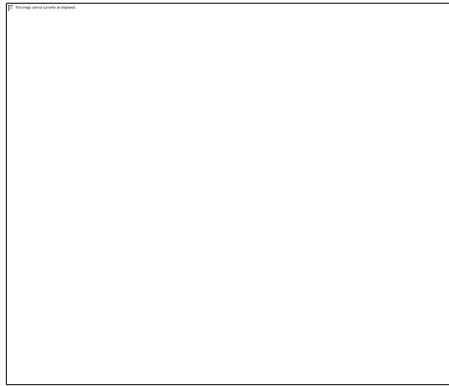**BINDURA UNIVERSITY OF SCIENCE EDUCATION**

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT OF SUSTAINABLE DEVELOPMENT

BY

FAITH KARIDZA

B193591A

AN EXPLORATION OF THE EFFECTS OF DRUG AND SUBSTANCE ABUSE ON YOUTHS. A CASE STUDY OF MUFAKOSE, HARARE, ZIMBABWE.

MAY 2024

DISSERTATION SUBMITTED TO BINDURA UNIVERSITY IN PARTIAL

FULFILMENT OF THE REQUIREMENTS OF THE BACHELOR OF SCIENCE

HONOURS DEGREE IN DEVELOPMENT STUDIES.

APPROVAL FORM

DEPARTMENT OF SUSTAINABLE DEVELOPMENT

The undersigned certify that they have read and recommended to Bindura University of Science Education for acceptance of this dissertation entitled '**An exploration of the effects of drug and substance abuse on youths. A case study of Mufakose, Harare, Zimbabwe'** submitted to the Department of Sustainable Development in partial fulfilment of Bachelor of Science Honours Degree in Development Studies.

Supervisor   Signed T. P. Chinyanganya

28 May 2024

Chairperson   Signed DR. E. Mavhura

28 May 2024

DECLARATION

I, the undersigned, affirm that the dissertation I have submitted is my original work and has not been previously submitted for evaluation or credit at any institution. Furthermore, I attest that all sources I have utilized in the creation of this paper have been properly cited and referenced in their entirety.

Supervisor   Signed P. Chinyanganya

1 October 2024

Chairperson   Signed DR. E. Mavhura

1 October 2024

Student   Signed F. Karidza

1 October 2024

DEDICATION

This undergraduate research is dedicated to my beloved family members and cherished friends, whose unwavering support and encouragement have been invaluable throughout this journey of learning and discovery.

ACKNOWLEDGEMENTS

It is the truth that no man is an island on his own. Firstly, I intent to appreciate the Lord Almighty for bestowing upon me the precious gift of life and the blessings of knowledge and wisdom, which have guided and empowered me to complete this work. It is through God's guidance that I was able to complete my dissertation. My heartfelt gratitude extends to my university supervisor, Mrs. Chinyanganya, who sincerely provided me with the necessary knowledge and skills, meticulously preparing and supporting me throughout the entire research process. I am also thankful to Bindura University of Science Education academic staff for their knowledge, guidance on professionalism, encouragement and support as this made my research process easier and fruitful. I wish to express my most sincere gratitude to all my lecturers, whose guidance, expertise, and support have been crucial to my academic growth and this research project. I am profoundly grateful for their invaluable contributions to my understanding of the subject matter both in theory and practice. My profound gratitude is extended to my whole family especially my mother and my father who have stood by me and supported me both spiritually and financially and given me guidance throughout the research process. Special thanks to Mr. Chibaya who has continued to work tirelessly for my upkeep I am forever indebted to him. My uttermost gratitude goes to the respondents and participants who collaborated with me and provided valuable assistance in the data collection process. I am forever grateful for the time, and effort they invested into my practical learning.

ABSTRACT

Substance use disorders and addiction among youths has become a universal concern, having devastating effects on health outcomes, education, and social well-being of youths. This study therefore explored the effects of drug and substance abuse on youths in Mufakose Ward 34 of

Harare in Zimbabwe. The study made an appreciation of the global, regional, national, and local effects of drug and substance abuse on youths. The basic factors which influence youths into drugs and substances were also discussed and these differently influence individuals. The research employed a descriptive rresearch design and a purposive and snowball sampling techniques. By conducting questionnaire based research, focus group discussions, and key informants interviews, the study managed to gather a reliable set of primary data which was presented and analysed using statistical tables, graphs, and charts to draw conclusions on how youths are affected drug and substance abuse. The research findings showed that the majority of youths are facing the effects of drug and substance abuse, with most youths suffering from addiction which is related to mental health disorders. They are engaged in risky sexual behaviours, and violence and crime which also affects the community as a whole. School going children are dropping school and becoming unproductive. The findings showed that youths are driven into drugs by various factors such as peer pressure, the environment they live in, stress, the school environment and family set up. However, the research highlighted various strategies which can be put in place by the community, school institutions and the government to fight the surge of drug and substance abuse and its effects on young people. This study finally recommends various development institutions to take a holistic pragmatic stance towards educating youths on the effects of drugs and substance abuse and providing rehabilitation and access to treatment to those who are struggling with addiction.

LIST OF TABLES

LIST OF FIGURES

LIST OF APPENDICES

LIST OF ACRONYMS

A

Acquired Immuno Deficiency Sydrome:

  (AIDS)   33

F

Focus Group Discussion: (FDGs)   23

H

Human ImmunoVirus: (HIV)   33

R

Recovery Community Centre: (RCC)   19

Z

Zimbabwe National Statistics Agency:

  (ZIMSTATS)   22

TABLE OF CONTENTS

Contents

CHAPTER 1: INTRODUCTION

1.1 Introduction

Drug and substance abuse among young people has turned into a pressing regard, with far-reaching consequences that affect not only their health but also their social and economic well-being. The aim of this research is to investigate the multifaceted effects of drug and substance abuse on youths, with a focus on understanding the complexities of this issue and identifying potential solutions. This chapter provides the foundation for the study, outlining the background, problem statement, aims, objectives, research questions, justifications, and scope of the investigation. Additionally, key terms are defined, and the organization of the study is presented.

1.2 Background of the study

The problem of drug and substance abuse is not limited to Zimbabwe, but is affecting young people around the world, (Anderson et al., 2020). This issue is having a negative impact on their academic progress, social development, mental health, economic well-being, and physical health. According to WHO, (2018) the United States of America is one of the countries that is affected by drug and substance abuse, with millions of Americans are affected by drug use disorders. The consequences of drug abuse can be devastating, including death, illness such as cancer, risky sexual behavior leading to teenage pregnancy, dropping out of school, prostitution, and theft.

Drug abuse can impact an individual at any point in their lives, but its effects are particularly damaging when it occurs during childhood and adolescences. Research suggest that young people between 10 and 14 years old are most vulnerable to initial drug exposure, with approximately 75% 0f those under 19 having encountered some form of psychoactive substance, (United Nations Office on Drug and Crime (UNODC), 2015).

In China, drug abuse among youths is a major concern. A study reveals that among every ten youths aged between 14 and 30, five engaged in drug and substance abuse, (National Narcotics Control Commission (NNCC), 2015. This drug abuse is linked to various long-term damaging effects, including liver failure, brain damage, and sexual dysfunction, pregnancy complications, gastrointestinal issues, inadequate nutrition, and an elevated risk of oral and throat cancers, (NNCC, 2015).

Substance abuse has long been a pervasive issue across Africa, with far-reaching consequences for individuals and communities. According to a 2014 report by the African Union Ministerial Conference on Drug Control in Africa, the abuse of opiates is widespread, affecting at least 16 countries, with prevalence rates reaching 0.8% among individuals aged 15 and above. Additionally, cocaine abuse is a significant concern, with 12 countries reporting prevalence rates of up to 1.5% among the same age group. In Nigeria, the repercussions of drug and substance abuse are multifaceted, leading to increased criminal activity, poor academic performance, involvement in immoral activities, and broader social unrest (World Health Organization, 2013). This pressing issue has prompted both local and international organizations to take decisive action to address it.

The consequences of drug and substance abuse among secondary school students in Tanzania are far-reaching, resulting in poor academic achievements and high dropout rates. Furthermore, students who engage in drug abuse are more likely to experience unplanned pregnancies, violence, and infectious diseases (Mwamhunga, 2017). In Baloha, a town in Kahama, this issue is particularly prevalent, putting numerous adolescents at risk of severe health and educational repercussions, (Mwamhunga, 2017).

 Drug use is increasing in Zimbabwe and this is becoming a major public health and security issue. There is a rise in drug smuggling of various types of drugs, which is causing many problems, including interpersonal violence, motor vehicle collision, medical issues, psychological and mental health challenges. This is having a negative impact on families, communities, the health and economic defense system, and the national economy, (Nkoma, 2014).

 Zimbabwe's youth have been disproportionately affected by the scourge of drug abuse, which has ravaged their lives and left many feeling helpless and hopeless leading to negative consequences for individuals, families, and the broader society, (Nhapi & Mathede, 2016). In Zimbabwe, young individuals who engage in drug abuse are likely to suffer from a range of physical and mental health issues as a consequence of their drug use, (Nhunzvi & Mavindidze, 2016). Drug abuse among young people in Zimbabwe often leads to a variety of negative consequences, including persistent anxiety, withdrawal symptoms irritability, sudden mood changes, hallucinations, withdrawal, paranoia, and feelings of depression and exhaustion. These effects can have a serious effects on the person's well-being and ability to function in daily life, (Pufall, 2017). In addition to the short-term effects of drug abuse, some young people in Zimbabwe also experience long-term

health consequences. These include stomach pain, depression, liver damage, heart disease, brain damage, and even death, (Pufall, 2017).

These harmful effects of drug abuse extends beyond the individual, also affecting their loved ones, communities and the nation at large. Drug abuse has far-reaching consequences that can lead to social, economic, and health problems, (Chikoko, 2019). It is worrying that the consequences of drug abuse among the youth in Zimbabwe is not improving, but is in fact getting worse. This is a cause for concern, as drug abuse can have serious consequences for young people and their future prospects, (Jakasa & Nyoni, 2018).

Consequences of drug abuse among Zimbabwean youth include decreased productivity, reduced employability, increased involvement in crime, a reduced quality of life, and greater violence. These consequences can have a significant impact on the individual, as well as their family, friends, and community, (Rwafa et al., 2019). Many youth who abuse drugs in Zimbabwe end up dropping out of school, which can lead to a life of crime and violence. These individuals often become a burden on society, as they struggle to find meaningful employment and turn to illegal activities in order to survive, (Makande, 2017). Communities suffer as well, as youth who abuse drugs tend to be more aggressive and prone to violence, (Maraire & Chethiyar, 2019). The Zimbabwean government incurs significant costs as a result of youth drug abuse. This includes the costs of enforcing drug laws, prosecuting and imprisoning drug offenders, and providing rehabilitation services, (Nhapi & Mathede, 2016).

1.3 Problem Statement

Youth drug abuse is a serious and persistent issue in Zimbabwe, with negative effects on the country's economic and social development. It is disturbing that most of the people that are using drugs in the communities are engaged in criminal activities such as violence and theft. The effects of drug and substance abuse on young people are a significant concern, and enough research should be carried out inorder to understand the problem. Existing research has mostly focused on the short-term effects of drug and substance abuse, but little is known about the long-term effects on physical and mental health. Additionally, the effectiveness of prevention and intervention strategies for young people has not been well studied, which makes it difficult to develop effective programs. This lack of research creates a gap in our understanding of the problem and limits our

ability to address it effectively. This problem requires an integrated, long-term solution that addresses both the supply and demand for drugs, as well as the social and economic factors that contribute to drug use.

1.4 Aim of the study

The main aim of the study is to explore the effects of drug and substance abuse on youths.

1.5 Objectives

i) To examine effects of drug and substance abuse on youths in Mufakose, Harare, Zimbabwe.

ii) To investigate factors which influence drug and substance abuse among young people in the study area.

iii) To analyze strategies and interventions to prevent and reduce the harmful effects of drug and substance abuse on youths in Mufakose, Harare, Zimbabwe.

1.6 Research Questions

i) What are the effects of drug and substance abuse on youths in Mufakose, Harare Zimbabwe?

ii) Which factors influence drug and substance abuse among young people in the study area?

iii) What strategies and interventions are most effective at preventing and reducing the harmful effects of drug and substance abuse among youths in Mufakose, Harare, Zimbabwe?

1.7 Justifications of the study.

The study is important to civil society, giving an overview of the effects of the drug and substance abuse problem among young people. The findings will be significant for the government, which can then implement deterrent measures and enforce laws that are restorative rather than punitive. The findings will also benefit policymakers, who can fill the gaps that exist in Zimbabwe's legal system. The laws must be clear on what constitutes a drug or substance and how to effectively enforce related laws. The study's findings can also provide insight into the best ways to support and rehabilitates drug abusers as well as the best strategies for community revitalization and crime prevention.

1.8 Scope of the study

The scope of this explored effects of drug abuse on young people in Mufakose. The study also looked at how youth drug and substance abuse affects their families. It also examined the underlying factors that contribute to drug abuse, and identify potential solutions to the problem. Also, recommendations were made for policy and programmatic interventions aimed at reducing the incidence of drug abuse and mitigating its negative effects.

1.9 Definition of key terms

Drug abuse

Chikobvu, (2012) defines drug abuse as "the taking of psychoactive substances (substances that alter the functioning of the central nervous system) for purposes other than those for which they were originally intended, and usually in a manner or frequency that is harmful to the individual and those around them."

Addiction

Gadaga, (2014) defines addiction as "a complex process involving biological, psychological, and social factors that leads to persistent and compulsive use of a substance despite adverse consequences."

Youth

According to Arnett, (2014), youth is defined as the period between 12 and 24 years old, during which individual's transition from childhood to adulthood. Arnett (2014) notes that adolescents and young adults in diverse societies encounter numerous challenges as they navigate the process of self-discovery, identity formation, and transition into adulthood.

1.10 Organization of the study

This dissertation is structured into five chapters, with Chapter 1 providing an overview of the research framework. Chapter 2 synthesizes existing literature on drug and substance abuse, providing a foundation for the study. Chapter 3 outlines the research design and methodology used to achieve the objectives of the study. Chapter 4 presents the analysis of the research findings, and Chapter 5 summarizes the results, draws conclusions, and offers recommendations.

1.11Conclusion

 In summary, this chapter has offered an overview of the global and local landscape of drug abuse, with a specific focus on the situation in Zimbabwe, providing context and background information on the issue. It has outlined the key effects that drug and substance abuse has posed to the families and communities. It has also highlighted on the commonly abused drugs by young people and the negative results such as crime, violence and theft. This chapter presented an overview of the research, summarizing the project's scope, aim, and objectives, providing a framework for the study.

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

This chapter reviews the existing literature on the effects of drug and substance abuse on youths. This review includes research on the economic, emotional, and social impacts of addiction on youths, as well as the ways in which addiction affects the broader community. The chapter includes theoretical frameworks, conceptual framework and the empirical literature of drug and substance abuse in Zimbabwe. The literature review also explores the effects, risk factors that influence drug and substance abuse among young people, in Zimbabwe and chapter summary.

2.2 Theoretical framework

This research is based on the social learning theory, first introduced by Bandura, (1977) which suggest that people acquire knowledge and habits through observation and other peoples' actions. As alluded by Kaplan, (2016) the theory can help to shed light on why people engage in risky or unhealthy behaviors of drug and substance abuse. He also suggest that the theory can be used to identify the factors that may make it difficult for people to change their behavior. Kury (2017), argues that the social learning theory can help to explain why some people develop problems with substance abuse, and why they may find it difficult to break the cycle of addiction.

In the context of social learning theory, substance abuse is viewed as a behavior that is learned through observation, imitation, and reinforcement. Individuals who abuse substances may learn this behavior through observing others who engage in substance abuse, imitating the behaviors of these individuals, and receiving reinforcement (such as positive social reinforcement) for engaging in these behaviors. Learning theory suggests that substance abuse is not simply a result of biological or psychological factors, but rather is a product of the individual's environment and experiences, (Klocke & Schmiege, 2019).

The social learning theory suggests that drug and substance abuse have many consequences on families and communities. This is because it can lead to disruptions in family relationships, financial hardship, and violence. In terms of specific examples, some of the effects of drug and substance abuse on families and communities include, increased rates of divorce and separation, increased rates of child abuse and neglect, increased rates of domestic violence, loss of jobs and

income, poverty, criminal activity, increased rates of homelessness, and social isolation among others.

2.3 Conceptual framework

The conceptual framework illustrates the effects of drug abuse on youths, specifically focusing on health effects, physical health effects, risk factors, and prevention strategies. The relationship between the concepts can be described as follows: Drug abuse effects the mental and physical health of youths, these effects can be influenced by risk factors such as family history, peer pressure, and environmental factors. Prevention strategies can be implemented to reduce the risk of drug abuse and its negative effects.

Understanding the effects of drug abuse in Zimbabwe must take into account the biological and psychological factors that contribute to individual susceptibility, in addition to the wider social and economic context. These complex factors all play a role in shaping the patterns of drug abuse and addiction within the country, (Mutambirwa, 2019). The social environment in which a person lives can have a significant impact on their likelihood of engaging in substance abuse. Family dynamics, peer pressure, and socioeconomic conditions all play a role in determining whether or not a person uses substance, (Muyambi, 2019). From a cultural perspective, the way that drug use is viewed and perceived can vary greatly, depending on the norms and values of a given society. In some cultures, drug use may be seen as a rite of passage, while in others it may be viewed as a violation of religious or moral principles, (Mhiripiri, 2018).

2.4 Empirical literature

2.4.1 The broad ranging effects of drug and substance abuse on the overall well-being of young people

2.4.1.1 Addiction

The escalating problem of drug and substance abuse has severe consequences for individuals' well-being, posing a significant concern. One of the most harmful consequences of drug and substance abuse is addiction, as highlighted by Volkow (2020). Research has consistently shown a significant correlation between addiction and drug and substance abuse. For instance, a study by the National Institute on Drug Abuse, (NIDA) revealed that young individuals who engage in drug abuse are more likely to develop a substance use disorder later in life. Moreover, addiction has been linked

to a heightened risk of developing mental health issues, including depression and anxiety disorders. Many youths who abuse drugs also have a co-occurring mental health disorder. Additionally, it has found that addiction is often influenced by genetic factors. (NIDA, 2018). As noted by Caspi (2016), genetic influences can contribute to an individual's susceptibility to drug addiction, with some people potentially carrying a genetic predisposition that increases their likelihood of developing a substance use disorder, making them more prone to drug addiction compared to others. This is thought to be due to differences in the way certain genes interact with drugs, which can affect the way the brain responds to drug use. Additionally, some people may be more sensitive to the rewarding effects of drugs, which can make them more likely to continue using drugs despite negative consequences.

Numerous factors can contribute to the development of drug addiction in youth. For example, young people may be more likely to use drugs if they have easy access to them, if they are exposed to drugs at an early age, or if they have friends or family members who use drugs. Some youth may resort to drug use as a coping mechanism for managing stress, anxiety, or other overwhelming emotions.Peer pressure and a desire to fit in can also be factors that lead young people to try drugs. Once a young person starts using drugs, it can be difficult to stop, drug use can lead to changes in the brain that make it harder to control, (Volkow & Koob, 2016).

Drug addiction can have a profound impact on both the individual who is addicted and their family. For example, addiction can lead to financial problems, relationship issues, and even violence within the family. Also, children of parents who are addicted to drugs may experience a range of negative effects, including emotional and behavioral problems. They may also be more likely to develop drug problems themselves later in life. Drug addiction can have a profoundly harmful impact on the individual and their loved ones, causing widespread suffering and damage. If you or someone you care about is grappling with addiction, it's crucial to seek professional help and support, (Rosenthal & Roberts, 2016).

Addiction among youths can also lead to a variety of other problems. These include poor academic performance, social isolation, and involvement in dangerous or illegal activities. Addiction can also increase the risk of physical and sexual abuse. It is crucial to recognise that not all young people who use drugs will develop an addiction, but those who do can face serious consequences, so early intervention and treatment are key to helping young people with addiction get their lives

back on track. Treatment can help them develop healthy coping mechanisms and avoid the negative consequences of addiction, (Riggs et al., 2018).

2.4.1.2 Risky Sexual behaviors

There are a number of other ways that substance abuse can negatively impact health. Substance abuse can lead to risky sexual behaviors, which can have various health issues, such as unintended pregnancies and the contraction of sexually transmitted infections. In addition, substance abuse can also lead to other health problems, such as malnutrition and organ damage. These health consequences can have long-term effects on the user's overall well-being, (Dehne et al., 2017). Substance use can cause impaired judgment and poor decision-making, which can result in high-risk sexual behaviors. This is because substances affect the brain's ability to process information and make rational decisions. Additionally, some substances have the effect of increasing sexual desire and arousal, which can further increase the likelihood of engaging in risky sexual behaviors, (Moson, 2019).

2.4.1.3 Loss of family relationship

Drug abuse among youths can have serious consequences for their families and relationships. Drug abuse can lead to conflict and tension within families, as well as feelings of anger, betrayal, and distrust. Family members may feel powerless to help their loved one, and may even feel responsible for their loved one's drug abuse. In addition, drug abuse can cause significant damage to relationships outside of the family, such as friendships and romantic relationships. It can also lead to financial hardship and other serious problems, (McGrath et al., 2018). Research has regularly shown that substance abuse among youths can lead to negative consequences for the family unit. According to research by Atiken et al. (2016), teenagers who engaged in substance abuse were more prone to experience conflict with their parents and had less open and honest communication with them. Additionally, families of adolescents who abuse substances may experience emotional distress, such as anxiety and depression

In families with substance abuse, there can be a breakdown of trust between family members. It's estimated that 1 in 5 children have at least one parent who struggles with alcohol or drug addiction. This can cause serious problems in the family and affect the child's sense of well-being, (Substance Abuse and Mental Health Services Administration, (SAMHSA), 2022). Research revealed that children of parents with addiction issues are more likely to develop addiction themselves.

Additionally, they may experience fear of their addicted parent, and the addiction can severely damage the family bond, (Kraemer et al., 2022). Addiction can have severe social consequences, including isolation and family conflict.

It can also lead to people feeling disconnected from society and estranged from their loved ones, (Smith, 2022). Substance-abusing families often have low levels of closeness and connection, a low tolerance for frustration, unrealistic expectations of children, a reversal of roles between children and parents, social isolation, and a lack of good parenting skills. All of these characteristics can have negative consequences for families, such as a higher risk of problems for children, (Johnson et al., 2021). Families affected by substance abuse often experience conflict and abuse, which can make it difficult for parents to effectively parent the children. Drug and substance abuse create a cycle of family dysfunction, which can have negative consequences for both parents and children, (McCoy, & Freisthler, (2019). Parental neglect and abuse related to substance abuse is a common reason for children to be placed in foster care or other out-of-home settings, (Green et al., 2017).

2.4.1.4 Violence and crime

Drug and substance abuse is often linked to criminal activity, as youths may engage in theft, fraud, or other illegal behaviors to support their habit. They may also be more likely to be involved in violent crimes, (Substance Abuse and Mental Health Service Administrations (SAMHSA, 2022). Drug and substance abuse among young people is associated with a range of negative consequences, including increased involvement in criminal activity and violent behavior. A substantial body of research has demonstrated a strong correlation between drug use and criminal behavior, with a particular focus on violent crime. For example, a study by Vaughn et al. (2018) found that young adults who used drugs were significantly more likely to engage in violent crime, with a likelihood of over four times that of their non-drug-using counterparts. This finding is supported by other research, which has consistently identified drug use as a key risk factor for violent behavior, (Mueller et al., 2022).

According to research conducted by Moore and colleagues (2017), the link between substance use and violence in a sample of youth ages 13-18. They discovers that substance use was associated with higher levels of violent behavior, even when controlling for other risk factors such as family history of violence and socioeconomic status. According to Lipsey et al. (2013), research has

shown that there is a clear link between substance use and violence, especially among young people. However, this link varies based on the type of substance used and the type of violence committed. For example, the link between substance use and violence is strongest for alcohol and cocaine, and for intimate partner violence and robbery.

There is a clear link between substance use and violence, and this link varies based on the type of substance used and the type of violence committed. According to Bushman et al. (2013), alcohol use increases the likelihood of aggressive behavior. Additionally, Baba et al. (2013) found that heavy drinking is associated with an increased risk of intimate partner violence. Furthermore, Felson et al. (2013) found that substance use is associated with an increased risk of being a victim of violent crime. These findings suggest that there is a complex relationship between substance use and violence.

The relationship between substance abuse and family violence is well documented. There is evidence that substance abuse can be a risk factor for serious violence, including homicide, within families, (Klevens et al., 2020). Research has found that alcoholism and other forms of substance abuse are often associated with partner aggression, (Zedler, & Foran, 2018). According to Hotaling and Sugarman (2017), a review of 52 studies on husband-to-wife violence found that alcohol use was one of four key risk markers for violence among married couples. Abuse of substances have a profound effect on a person's sense of self and their place in society. When someone becomes addicted to drugs or alcohol, their personal identity and the way others perceive them may change, (Green, 2022). The addiction affects life in many ways, (Brown, 2022).

The long-term consequences of addiction can also damage personal relationships and the happiness of loved ones, (Jones, 2021). In addition to the physical and mental health effects, addiction can also have a profound impact on an individual's character. According to Smith (2021), drug abuse can cause a person to behave in ways that are inconsistent with their normal character and values, leading to feelings of guilt, shame, and self-doubt. It can also cause a loss of impulse control, leading to reckless behavior and making it difficult to maintain healthy relationships.

2.4.1.5 Lost productivity
Youths who use drugs often have trouble being productive at work and may miss work or school because of their drug use, and they may also have difficulty finding and maintaining employment

due to drug-related problems (Muzondo et al., (2015). They may also have trouble being committed to their work and may perform poorly. Furthermore, a greater number of people may become financially dependent on the government or others organizations which can have negative consequences for the economy, (Chitiyo, 2013).

A study in South Africa found that drug abuse among youths led to an estimated loss of R20 billion in productivity each year (Ngoepe, 2014). A World Health Organization study in Zimbabwe found that drug abuse among young people led to a staggering annual economic burden of approximately US$3 billion (Hansen, 2014). This significant loss is likely due to factors such as reduced productivity, increased healthcare costs, and lost opportunities for education and employment. Moreover, drug abuse among youths can have long-term consequences, including increased risk of mental health disorders, social problems, and even premature death. Addressing drug abuse among young people is crucial to mitigate these economic and social costs and ensure a healthier, more productive future for individuals and communities.

2.4.1.6 School dropout

Drug abuse lead to a decline in academic performance, which can have long-term economic consequences for individuals and society, (Muzondo et al., (2015). Young people who engage in regular substance use may experience negative consequences at school, such as poor academic performance, conflict with teachers, and a lack of motivation, (Agboola et al., 2014). This can lead to withdrawal from extracurricular activities, a lack of interest in school, inattention, behavioral difficulties, and communication problems, (Chipangura & Nhau 2020). According to research, there is a link between dropping out of school, truancy, and disciplinary problems. These can all lead to a young person being suspended or expelled from school. Being suspended or expelled can make it difficult for a young person to access further education, which may be related to poor academic performance and substance use, (Maluleke, & Mamabolo, 2020).

2.4.2 Factors that influence drug and substance abuse among young people
2.4.2.1 The family

A young person's relationship with their parents is crucial to their development. The child's psychological, social, and emotional health can all be affected by the quality of the parent-child relationship, (Schoppe-Sullivan et al., 2014). Family structure, such as whether the child lives with two biological parents or in a single-parent household, can have an impact on substance use.

Specifically, children from "disrupted" families, meaning families that have experienced divorce, separation, or single parenthood, are more vulnerable to use substances heavily compared to those from more stable families, (Peters, & McMillen, 2017). Authoritative parenting, which involves setting clear expectations and providing support and encouragement, is associated with positive school performance and individual development in children, (Meland et al., 2020).

Single parents may have a harder time exerting a positive influence on their children, which can increase the risk of school dropout and substance use, (Gangam et al., 2016). Compared to two-parent families, single-parent families may have lower levels of monitoring, which can negatively impact children's behavior and school performance, (Katz et al., 2020). Children of divorced parents may be more likely to have friends who engage in substance use and may have fewer coping mechanisms compared to children from intact families, (Chidzonga et al., 2019). Research have shown that young people from families that have separated or divorced, those who are unhappy with their parents, and those who do not have parental supervision are more likely to use drugs than other children, (Musarurwa & Nyati, 2019).

A lack of closeness between parents and children, and a lack of parental supervision, are both associated with an increased likelihood of a young person progressing from non-use or light use to moderate use of drugs, (Paida & Padare, 2018). Research has shown that divorce or separation of a young person's parents is a major factor that can predict whether or not the young person will experiment with drugs and whether they will progress to problematic drug use, (Nkosi & Chaaka, 2019). Goredema & Sigauke (2018), found that family disruption can be correlated with a young person's drug use, but that the relationship is not direct. Instead, it appears to be mediated through lack of social conformity, meaning that the young person may be less likely to conform to the norms of their family and peer groups.

Studies from the post-war period put a lot of emphasis on the idea that the support an adolescent feels from family and friends can have an impact on whether or not they use drugs, (Matanga & Maphosa, 2018). Relatives who are close in age may be more likely to engage in drug use together, and siblings who are close in age may be more likely to participate in criminal activity together, (Kukhanya & Mapfumo, 2019). In some cases, older siblings may provide drugs to their younger relatives, and they may influence them to engage in drug use, (Donnermeyer et al., 2021). Families can play a vital role in discouraging substance use among young people. Protective factors such as

14

strong family bonds, positive family interaction and active parental monitoring have been linked to a reduction in drug misuse. In contrast, risk factors such as financial hardship, lack of parental support and a negative home environment may increase the likelihood of substance use in young people, (Chisaka et al., 2020).

2.4.2.2 The school environment

Early school experiences can have a major influence on a young person's academic performance, as well as their personal and social development. Studies have found that the educational environment can be a significant factor in whether or not a young person uses substances in later years. Social isolation and a lack of positive relationships at school may be risk factors for substance use in the future, (Nyoni & Musasa, 2019). The relationship between the school environment and substance use, noting that risk factors for substance use include low literacy levels, low self-worth, bullying, poor academic performance and a lack of school integration. These risk factors can also have an impact on whether or not a young person will leave school early, and they can also lead to precocious substance use, (Mbemba, & Ntezurubanza, 2019).

Young people who engage in regular substance use may experience negative consequences at school, such as poor academic performance, conflict with teachers, and a lack of motivation. This can lead to withdrawal from extracurricular activities, a lack of interest in school, inattention, behavioral difficulties, and communication problems, (Chipangura & Nhau 2020). According to research, there is a link between dropping out of school, truancy, and disciplinary problems. These can all lead to a young person being suspended or expelled from school. Being suspended or expelled can make it difficult for a young person to access further education, which may be related to poor academic performance and more substance use, (Maluleke, & Mamabolo, 2020).

2.4.2.3 Peer pressure

It is widely accepted that peer groups play an important social and psychological role in adolescents' lives. Peer groups can have negative effects on an adolescent's development, including their sense of identity, their attitudes, and their behavior, (Mhizha et al., 2020). In addition to family influences, socializing with peers who use substances is a major risk factor for experimentation with substances, (Chitiyo et al., 2020). Peer groups can have a strong influence on a young person's development. This influence can be both positive and negative, and it can shape a young person's attitudes, behaviors, and values, (Marufu & Mpofu, 2019). Young people

tend to gravitate towards peers who are like them, and this can reinforce both healthy and unhealthy behaviors and attitudes, (Sekoni & Ncube, 2019). When young people have positive relationships with peers, it can lead to better academic performance and psychological well-being. This might be due to pro-social peers encouraging extracurricular involvement and academic success, (Madondo & Kalanda, 2018). Young people consider their peers to be a valuable social resource, regardless of whether or not they have problems with substance use, (Mushosho et al., 2019).

Peers' drug use is often a strong influence on whether a young person begins using drugs, as well as how frequently they continue to use drugs, (Bwanya & Shumba, 2019). Youth who supposed that their peers were using drugs were significantly more likely to have experimented with drugs themselves, and even more likely to engage in repeated drug use. Peers can influence drug use by making drugs available, by acting as role models for drug use, by pressuring others to use drugs, and by making drug use seem normal, (Makore & Mapfumo, 2019). In a study of students in Dublin who reported using cannabis, the majority said that they got the drug from a friend, and over half said that it was shared among a group of friends, (Forrest et al., 2019).

Adolescents who are looking for attention or trying to cope with problems in other areas of their lives may be drawn to peer groups where substance use is common, (Jansen, et al., 2019). Studies suggest that students who feel like they have not been successful in school may turn to peer groups or "counter-cultures" that do not conform to the mainstream. These groups may offer a new identity, and may even involve substance use. Brinkley et al. (2019) provide a good overview of the theories and research that help to explain this phenomenon.

When there is a lack of connection between parents and children, the influence of peers may become stronger, According to Bronfenbrenner (2016), adolescents who lack parental support may seek companionship and emotional support from peers, extending to the school environment. This multi-centric model involves various contexts influencing individual behavior, either positively (role models, social support, identity) or negatively (isolation, failure, rejection, boredom). The cumulative effect of disruptions across contexts (family, school, social support) can undermine resilience and lead to substance use as a coping mechanism for problems.

2.4.2.4 The living environment

According to Hodgson et al. (2015), young people tend to spend more time in specific localities compared to adults, who have greater geographical mobility. As noted by Gama & Hove (2015), this is particularly true for young people from disadvantaged areas, where limited family resources restrict social activities to the neighborhood. Mason et al. (2020) observe that peer networks in these contexts are often geographically limited, strengthening the bond between young individuals and their local community. As Matambo & Mapfumo (2017) point out, the local environment's expectations, norms, behaviors, and resources have a significant effect on young people, beyond the influence of their peer groups and family relationships. Notably, many of the factors mentioned, including family, school, and peer group dynamics, are encompassed within the living environment, as highlighted by these scholars.

The physical environment of young people plays a crucial role in their substance use. The physical environment is shaped by various factors, such as the availability of drugs, the presence of gangs and criminal activity, and the presence of social control institutions such as schools and police. These factors can either encourage or discourage substance use, depending on the individual's exposure to them. In this way, the physical environment acts as a school where young people learn about and engage in drug use. Research by Collins (2014) indicates that half of European students are aware of a source to obtain cannabis, with a significantly higher proportion (78%) in Ireland. As noted by Mayock (2020), the neighborhood environment, where substance access and use are prevalent, plays a crucial role in shaping young people's habits and expectations, potentially influencing early drug use.

According to Muyambi et al. (2017), the lack of recreational facilities, history of deprivation, and high levels of substance use in a neighborhood can limit community participation and restrict access to resources that could counter risk factors contributing to substance use among young people. As Morgan (2016) notes, social contexts play an important role in shaping substance use and other social behaviors among young individuals, with the most severe drug problems involving opiates and being closely linked to deprivation. To address this issue, a comprehensive approach is necessary, considering not only family and community factors but also broader socio-political influences, such as educational opportunities, as emphasized by Golstein & Ishaaya (2018). In

essence, addressing substance use among young people requires a multifaceted strategy that takes into account the interplay between individual, community, and societal factors.

2.4.2.5: Stress

Sethna et al. (2014) carried out an analysis of the literature on stress and substance abuse among youth and found that several studies show a link between the two. The study found that stressful life events in childhood were associated with drug use in adolescence, and another study found that higher levels of daily stress were associated with higher levels of drug use. Additionally, several studies have shown that stressful life events, such as family conflict, can increase the risk of substance abuse. According to Seth et al. (2021), there is a strong connection between stress and substance abuse, and this relationship is especially strong in vulnerable populations, such as those with mental health disorders or those who have experienced trauma. The study also found that many factors can mitigate the risk of substance abuse, including positive social support and resilience.

In a assessment of the literature, Wilson and colleagues (2018) examined the effects of stress on substance use in young people. The review included 17 studies and found that there is a clear link between stress and substance use, with stress serving as an important risk factor for substance use. Additionally, the review found that the link between stress and substance use is strongest in youths, with stress increasing the risk of substance use initiation, abuse, and dependence. Janulis and colleagues (2020) examined the relationship between stress and substance use in young people. A thorough examination of 19 studies, primarily from the US, revealed a significant correlation between stress and substance use, with stress emerging as a key factor in substance use. The review also highlighted the multifaceted nature of this relationship, which is influenced by various demographic factors, including age, gender, race, and socioeconomic status, indicating that individual differences play a crucial role in the association between stress and substance use.

Leventhal et al. (2020) conducted a research which examined the effects of stressful life events on substance use in young people. The study included a sample of over 2,000 young people, and found that stressful life events were associated with increased rates of substance use. Additionally, according to the study the effects of stressful life occasions on substance use was strongest among those who had experienced multiple types of stressful life events. Overall, the study provides further evidence that stress is a risk factor for substance use in young people. In a meta-analysis of

87 studies, Laudenslager and colleagues (2019) examined the effects of stress on substance use across the lifespan. The meta-analysis found that there was an important association between stress and substance use, with the association being strongest in youth. Additionally, the meta-analysis found that the consequences of stress on substance use was mediated by a quantity of factors, including social support, emotion regulation, and coping skills.

2.4.3 Preventive and intervention strategies for reducing the effects of drug and substance abuse on youths

2.4.3.1 School based prevention programs

Schools in Zimbabwe have used drug prevention education to influence student behavior around substance use. This approach has been adopted by schools around the world to try to reduce the harmful effects of drug use. Collaborative efforts between educational institutions, community organizations, and local government entities can foster a supportive environment that encourages healthy behaviors among adolescents and young adults. Such partnerships can be established to provide education, information, and support around a variety of health-related topics, including drug abuse prevention. This could involve creating and implementing programs that educate students about the risks of drug abuse, provide opportunities for positive social engagement, and connect students with local resources and support systems, (UNICEF, 2023).

Teachers and administrators are often in close contact with students, they are often the first to notice changes in behavior or academic performance that could indicate a drug problem. This makes schools a crucial partner in prevention efforts, as they can intervene early to help students get the support they need, (Shepard et. al, 2019). School-based drug prevention programs ought to focus on developing a range of life talents in students. These skills include decision making, stress management, communication, and social interaction. By developing these skills, students are better equipped to make healthy choices, handle stressful situations, and resist pressure to use drugs. These programs help students to understand that most of their peers are not using drugs, and they teach them how to respond to social and peer pressure to use drugs, (Parson et al., 2020).

The influence of social norms on behavior is an important factor to consider in interventions aimed at preventing drug use among youths. This is because students often have misperceptions about the occurrence of drug use among their peers. For example, they may think that most of their peers are using drugs, when in reality, this is not the case. Interventions that aim to correct these

misperceptions can help students to make more informed choices about their own behavior. By increasing their awareness of positive social norms, these interventions can help students to make healthier choices and avoid engaging in risky, (Schulenberg et al., 2018).

Prevention programs for drug abuse need to take into account the unique characteristics of each individual and group of individuals. This includes considering their background, experiences, risk and protective factors, and other personal attributes, like gender, customs, beliefs, dialect, growing level, capacity level, conviction, and sexual alignment. By acknowledging and incorporating these factors into prevention programs, educators can create a more meaningful and effective experience for the students they are working with. This allows for open and honest communication about the issues surrounding drug abuse, without condoning or normalizing its use, (Haggar et al., 2013).

2.4.3.2 Community engagement in prevention programs

Community can create or support a coalition that focuses on preventing drug use through bringing together a diverse group of stakeholders who are invested in the health and well-being of the community. This can include representatives from law enforcement, schools, healthcare organizations, faith-based organizations, businesses, community groups, and more. Once the coalition is formed, it can develop a plan for reducing drug use in the community, which may include strategies like increasing access to treatment, educating the public about the risks of drug use, and promoting healthy alternatives to drugs, (Brady, 2019). Community coalitions that focus on drug abuse prevention can help address the effects of drug abuse through increasing access to treatment for individuals who are struggling with addiction. Community coalition helps to minimize the availability of drugs in the community by working with law enforcement and other organizations, (Eng & Alpert, 2019).

Education and training programs are an important part of many community prevention interventions for drug abuse. These initiatives can be tailored to inform and empower community members about the risks of drug abuse, equipping them with the essential tools and understanding to make informed, healthy decisions. Programs may also be designed to train community members in how to help others who are struggling with drug use, or in how to provide support for individuals in recovery. Community members may be trained to become peer mentors, or to provide other forms of support that may be provided through education and training programs, (Valdez et al., 2022).

In many communities, environmental prevention efforts are an important part of the overall strategy for reducing drug abuse. This includes efforts to reduce the availability of drugs, through law enforcement and other initiatives. It's also important to reduce access to places where drugs are sold, through "clean-ups" and other efforts. These environmental prevention efforts are often combined with other approaches, such as education and treatment, to create a comprehensive and effective strategy for reducing drug abuse impacts in the community, (Latkin, 2015). Environmental prevention efforts are an essential part of the overall strategy for reducing drug abuse in communities. They complement other efforts, such as education, treatment, and individual-level interventions, to create a comprehensive and effective approach. By addressing the issue from multiple angles, communities can make meaningful progress in reducing drug and substance abuse and its associated harms, (Smith et al., 2019).

According to Fox & Flaherty (2017), the Recovery Community Centre (RCC) model is an important approach to supporting individuals in recovery from addiction, particularly in countries like Zimbabwe that are facing challenges of rising drug use. By providing a range of services and connecting individuals to needed resources, RCCs can address the complex needs of individuals in recovery and help them to lead healthier and more fulfilling lives. The impact of the RCC model goes beyond just the individual, as it can also promote healthier communities by reducing substance abuse and the associated harms. Community support for individuals in recovery from addiction can take many forms, such as peer support programs, rehabilitation, recovery high schools, and community-based interventions, (Schmidt, 2022). Community support can be beneficial for individuals in recovery by providing a sense of acceptance, reducing feelings of segregation, and increasing feelings of hope and optimism. It is important for individuals in recovery to have a strong support system, as it can play a vital role in their journey to long-term recovery. Community support can also help to break down the stigma associated with addiction and provide a safe space for individuals to share their practices and learn from others, (Sun et al., 2019).

Outreach programs are essential in reducing the impact of drug abuse in communities. It involve trained community workers going door-to-door to speak with individuals about the risks of drug abuse and the resources available for those who are struggling with addiction. They may also provide information on the signs and symptoms of addiction, as well as how to get help for

someone who is struggling with drug abuse. In some cases, they may also distribute literature or other resources about drug abuse and addiction. Outreach programs can be an important first step in connecting individuals to the resources they need to overcome addiction and lead healthy lives, (Watson et al., 2020).Government funded drug and substance abuse prevention programs.

2.4.3.3 Government interventions

The appeal of illicit substances may offer a brief respite from life's struggles, but its consequences are devastating, stifling personal development, academic success, and ultimately, the fulfillment of one's potential. The cyclical nature of addiction among young people perpetuates a vicious cycle of hopelessness, ensnaring numerous young minds in a trajectory of lost opportunities and shattered aspirations. Tackling the scourge of drug abuse requires a collective effort from all members of society, extending beyond government policies and parental guidance, to effect meaningful change, (The Herald, 2024)

In Zimbabwe, the government takes a tough stance on drug abuse and enforces a zero-tolerance policy. The government prosecutes individuals who are involved in drug abuse, and there are strict penalties for those who are found guilty, (Nhapi, 2019). The zero-tolerance policy is meant to deter individuals from using drugs, and also to discourage current drug abusers from continuing to engage in drug abuse, (Kundwei & Mbwire, 2020). This policy seems to be effective in deterring drug abuse among school-aged youth, as they are concerned about the potential consequences of being caught and punished by the police or other authorities. By imposing strict penalties on individuals who are involved in drug abuse, the government is able to deter not only drug abuse itself, but also the associated criminal activity. This serves as a way to reduce both drug abuse and the associated crimes, such as theft and violence, (Shoko, 2018).

Governments have bolstered legislative frameworks to combat drug-related offenses, and law enforcement agencies are working diligently to disrupt trafficking operations. Rehabilitation initiatives have been launched to support individuals struggling with addiction in their recovery. Nevertheless, the success of these efforts depends on the collective involvement of the entire society. Educational institutions, in particular, must incorporate thorough drug awareness programs into their curricula, equipping students with the knowledge to make informed decisions and fostering a culture of prevention and support, (The Herald, 2024)

2.5 Research gap analysis

Current research implies that prevention programs can play a critical role in minimizing the risk of substance abuse among young people. However, there is a need for more studies that examine the effectiveness of specific prevention programs in different settings and with different populations. Also, there is a need for more research on the cost-effectiveness of prevention programs, the long-term impact of prevention programs on the overall health and wellness of young people. These research gaps need to be addressed in order to better understand how to successfully prevent substance abuse among young people.

2.6 Chapter Summary

The literature review provided an in-depth comprehensive understanding of the effects of drug and substance abuse on youths, risk factors and strategies to reduce the harm on youth in Zimbabwe. The conceptual framework laid the groundwork for the analysis, encompassing individual, social, cultural, economic, and systemic factors. Examining existing empirical literature revealed insights into the effects, risks factors and interventions on reducing the impacts of drug and substance abuse. The review highlighted the intricate interplay of biological, psychological, and social factors contributing to substance abuse.

CHAPTER THREE: METHODOLOGY

3.1 INTRODUCTION

This research was aimed at exploring the effects of drug and substance abuse on youths. This chapter will elucidate the research methodology that was adopted to gather information, address the study's objectives, and respond to the research questions formulated in chapter One. The chapter will delve into the qualitative and quantitative research approaches employed, the research design, sampling, data collection tools, study area, sample size, and population. Furthermore, this section will elaborate on the ethical considerations that were adhered during the course of the study.

3.2 The Study Area

Study area map

Figure 3. 1. Map of Ward 34 Mufakose suburb in Harare. Source: Created using GIS

Mufakose is located at latitude -17.7393° and longitude 31.0300°, with an elevation of 1425 meters (4675 feet) above sea level. It is situated in the Highveld region of Zimbabwe, which is a high-altitude plateau that covers much of the country. Located in ward 34, this community has defied expectations, producing accomplished individuals who have excelled in various fields (Manzvanzvike, 2009). Moreover, Mufakose has made substantial contributions to Zimbabwe's economy, music scene, and sports landscape (Mutakati, 2013), showcasing the community's resilience and potential. However, this community is being affected by rampant drug and substance abuse and this has effects on young people from school going age to youths who are economically productive.

3.3 Research Design

This research employed a descriptive research design, which is focused on describing rather than explaining (Wade, 2019). This approach allows for the collection of detailed information about the phenomenon being studied, without attempting to explain or interpret the findings. A descriptive survey research design is mainly interested with describing and measuring the characteristics of a population or group, (Chimuka et al., 2019). This type of research is useful for collecting in-depth information about a topic, including both qualitative and quantitative data. The descriptive nature of the research allows for a thorough examination of the topic, without attempting to manipulate or interpret the data, (Mutumba et al., 2017).

This type of research is more time and cost efficient, the descriptive nature of the study allows for a broader understanding of the population being studied, without the need to manipulate or control variables, (Kothari, 2011). This design was chosen because it explored the social, economic and health effects of drug abuse on youths. It examined outlooks concerning the effects of drug and substance abuse on youths without manipulation of variables.

3.4 Research Approach

This research adopted a mixed approach where both qualitative and quantitative data collection was involved. It allowed to gain a deeper understanding of the effects of drug abuse on youths, (Maswera et al., 2020). The qualitative data, collected through interviews and focus groups, provided valuable insights of the effects of drug and substance abuse on youths. This data helped to understand the context and the lived reality of the youths, and it gave a human face to the issue. The quantitative data, collected through questionnaires provided statistical information about the prevalence of drug abuse and its consequences. Together, the qualitative and quantitative data provided a complete picture of the issue, and this allowed for a more informed understanding of the effects, (Chimbari et al., 2013).

3.5 Target Population

This study targeted all population from Mufakose in Harare. The total population in Mufakose Ward 34 according to Zimbabwe National Statistics Agency (ZIMSTATS) 2022 Census is 21 471. Young people from the age of 12 to 24 who are drug abusers were the main target. Also targeted were parents who publicly shared their stories about their child's experiences with drug abuse.

Experts who have knowledge about drug abuse effects on youths were also targeted and they include the police and health facilitators.

3.6 Sample size

The sample size for this research was determined using the principle of saturation, After 30 questionnaires were distributed, no new insights were being gained from the data. In addition, the responses from the focus group discussions also became repetitive and provided no new information. This indicated that saturation had been reached, and that the sample size was sufficient. The interviews held were purposive meaning that the key informants were selected based on their knowledge about the topic being studied.

3.7 Sampling procedures

In this mixed-methods study, a purposive sampling procedure was used to select key informants from the Mufakose community. This type of sampling was used to select individuals who are knowledgeable about the topic being studied. Also a purposive sampling was used to select parents who attended a focus group discussion. To select respondents from youths who abuse drugs a snowball sampling procedure was used, in this type of sampling initial respondents who had opened up to be drug abusers were asked to refer other potential respondents who also abuse drugs.

3.8 Research Instruments

 This study employed a trio of data collection instruments, consisting of questionnaires, in depth interview guides, and focus group discussion (FDGs) guides, to gather data. To ensure the accuracy and truth worthiness of the data, the researcher employed multiple instruments to collect data. By using multiple instruments, the researcher was able to cross-check and verify the findings, increasing the accuracy of the data, (Zohrabi, 2013). The use of numerous data sources offers the advantage of providing a more comprehensive and diverse set of perspectives on the research topic. This can help to ensure that the findings are more representative of the true nature of the issue, and not based on a single source, (Saldana, 2011).

3.8.1 Questionnaire

 Semi-structured questionnaires were used to gather data. They were used because they allow for the collection of data from a large sample size which increases the reliability of the results, (Gibson,

2014). Salkind, (2009) argues that questionnaires are ideal for surveying a dispersed population without the need for extensive travel.

Questionnaires were distributed to youths to collect information from young people who abuse drugs. This study distributed self-administered questionnaires to 30 youths. By using self-administered questionnaires, the researcher sought to enhance data accuracy and reliability. The number of questionnaires used in the study was chosen based on the principle of saturation. Saturation is the point at which no new information is being obtained from additional respondents, (Yin, 2018). This study, reached the point of saturation after 30 respondents. This number of respondents was sufficient to provide a rich and comprehensive appreciation of the topic of youth drug abuse.

3.8.2 Key Informant Interview guide

The data collection process involved conducting in-person interviews with two key informants: a Police Officer from Mufakose Police Station who works under Criminal Investigation Department and a health facilitator (Sister in Charge) from Mufakose Polytechnic Clinic. The interviews were structured using a purposive sampling method, where individuals with expertise and knowledge about the topic were selected. The interview guide was designed to capture detailed information and consisted of open-ended questions that allowed the informants to share their experiences, opinions, and insights

3.8.3 Focus group discussion (FGDs) guide

Focus group discussions were carried out with 2 groups. One was held with 10 youths who are victims of drug and substance abuse in Mufakose. To obtain 10 youths who were involved in the focus group discussion, individuals who responded to questionnaires were invited to participate in the discussion. Another focus group discussion was held with 10 parents who had publicly shared their stories about their children who have been affected by drug and substance abuse. The focus group discussion was held at a local church, as it was felt that this would be a comfortable and convenient location for participants. A purposive sampling technique was used to select participants for all focus group discussions.

The study involved illiterate people and most of them spoke Shona language. To facilitate the data collection procedure, this study interpreted the questions in English. The strength of FGDs lies in

the fact that they allow for a dynamic exchange of ideas and perspectives among participants, resulting in a more comprehensive understanding of the topic at hand. Through the process of discussion and debate, the group is able to explore the range of opinions and experiences that exist within the community, highlighting both similarities and differences.

3.9 Data Analysis

The data was summarized and described by means of statistics like frequencies and percentages, and visualized using bar graphs, tables and pie charts. Quotation were also used in analyzing results. Responses, as well as information from interviews and focus groups, were analyzed by organizing them into themes. The variables in the data were measured with multiple methods and respondent groups, and were compared to find similarities and differences in the data.

Data analysis is the procedure of organizing and interpreting data in order to gain insights and make informed decisions, (Hayes & Preacher, 2014). The data gathered in this research was evaluated according to the four steps of Cronk's (2012) model, which include coding, cleaning, interpretation, and presentation. First, the data was checked for consistency and errors were corrected. And, the data was described and presented in a descriptive form. This process allowed for a clear and concise understanding of the data, and allowed for meaningful conclusions to be drawn from the study.

3.10 Ethical Considerations

The research conducted the study in a way that was ethical and was guided by the principles of integrity, transparency, and honesty and confidentiality, (MacDonald, et al., 2014). According to Jackson, (2011) when conducting a study which involves people, it is important to prioritize their welfare and ensure that they are protected from any potential harm. The researcher sought consent from the participants, the police and local authorities to ensure that there is safety during the research period. The research was based on voluntary participation. This is an important step in protecting the participants and ensuring that the study is conducted ethically.

Throughout the data collection procedure, the study prioritized the respondents' autonomy and worth by treating them with fairness and respect. All collected data, including completed questionnaires, recordings of interviews and focus groups, and associated digital files, were safeguarded and kept confidential. The data remained intact and unaltered, and the study's findings

were derived solely from the participants' contributions. To maintain academic integrity and avoid plagiarism, all sources cited in the thesis were properly referenced and credited in the bibliography.

3.11 Chapter Summary

The research used a descriptive research design to gather data from a large population without manipulating variables or performing treatments. The study population consisted of the police, health facilitators, community members, families, and adolescence and youths including victims of drug and substance abuse. The data were examined and interpreted using a combination of quantitative and qualitative methods, following collection through questionnaires, interviews, and focus group discussions. The data was described by means of frequencies, percentages, bar graphs, and pie charts. Themes, similarities and differences were also used to analyze data. Ethical considerations such as informed consent, privacy, and voluntary participation were observed throughout the study.

DATA ANALYSIS PRESENTATION AND INTERPRETATION

4.1 Introduction

This section presents the results of the study, which were analyzed in accordance with the study objectives. The results are organized into three main categories which are the effects of drug and substance abuse on young people, the aspects that contribute to substance abuse among youths, and potential strategies and interventions for addressing this issue. The data was carefully processed and organized using statistical techniques, including charts, frequency distribution tables, and graphs. The results are presented in both quantitative and qualitative forms, providing a comprehensive overview of the study's findings.

4.2 Response rate

Data collection was successful with 30 questionnaires completed, 2 focus groups with 20 participants, and 2 in-depth interviews with key informants, yielding 100% response rate.

During data analysis participants and respondents were given pseudonym names except for key informants. Participants from a focus group discussion held with parents were numbered from participant 1 to 10 and participants from focus group discussion held with youths were numbered from 11 to 20. Respondents were named in letters from participant A to N.

Table 4.1: Showing response rate

Instrument	Total applied	Response received	Response percentage
Questionnaires	30	30	**100%**
Focus group discussions	20	20	**100%**

Interviews	2	2	**100%**

4.2.1 Demographic information of youths who responded by age

Table 4.2. Classification of youths by age

Age	Frequency	Percentage
12-15	8	**27%**
16-19	16	**53%**
20-24	6	**20%**
Total	**30**	**100%**

Table 4.2 above shows the age distribution of youth respondents to questionnaires and who participated in focus group discussions. Youths from ages 16-19 had the highest percentage of 53, this shows that most youths who abuses drugs are between 16 and 19 years. Youths from 12-15 years has a percentage of 27 and those with 24-28 has the lowest percentage of 20.

Table 4.3. Classification of respondents and participants by sex

	FEMALES		**MALES**	
	Frequency	**Percentage**	**Frequency**	**Percentage**
Youths	7	**17%**	23	**55%**
Parents	6	**14%**	4	**10%**

Key informants	1	2%	1	2%
Total	14	33%	28	67%
Grand total	42			

Table 3 above shows the number of males and females that were involved during data collection. It included 30 youths (7 females and 23 males), 10 parents (6 females and 4 males) and 2 key informants (I female and 1 male). While the age range of parents and key informants was not collected, their gender was recorded for demographic information.
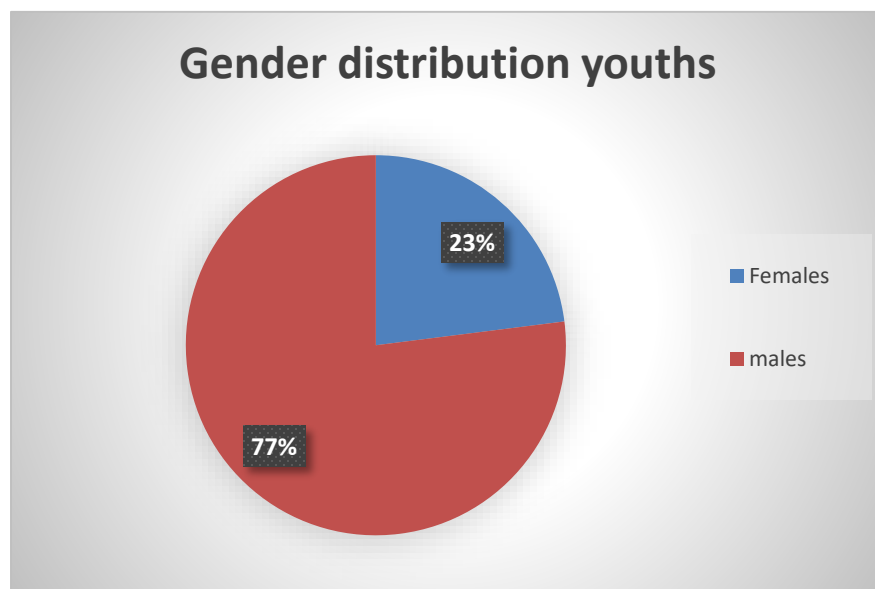
Figure 4.1 Gender distribution of youths

The pie chart above illustrates the percentage number for gender of youths, 23% are female and 77% are male. Males have a higher percentage because there were willing to disclose that they

abuses drugs while female have a lower percentage because some refused to share their experiences.

4.3 Types of Drugs and Substances Abused

The chart shows percentage of respondents for types of drugs or substances:

	Alcohol	Crystal Meth	Cannabis	BronCleer	Inhalants	Heroine
Very frequent	60%	90%	90%	87%	40%	3%
Frequent	27%	10%	5%	13%	47%	13%
Fairly frequent	13%	0%	5%	0	13%	17%
Not used	0%	0%	0%	0%	0%	67%
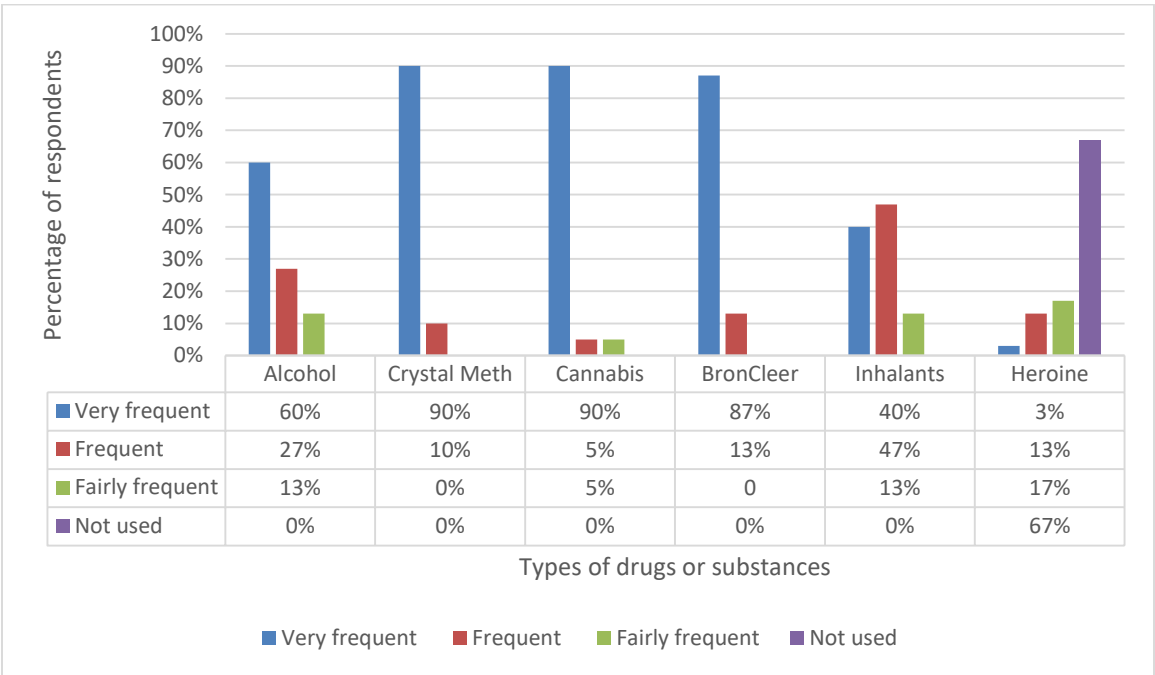
Figure 4.2 Frequency of drugs and substances abused by youths (Source: Field Data, 2024)

The bar chart above indicated responses from youths who answered questionnaires on the drugs and substances that are mostly abused by youths in Mufakose. Crystal Meth and Cannabis are the mostly abused drugs in the area as it is shown by 90% of the respondents who take these drugs. It is clearly shown that 87% of the respondents also uses BronCleer and 60% take alcohol. Youths who take inhalants are more than a quarter as shown by the bar chart above. Heroine is not common among youths in Mufakose as only 3% of the youths indicates that they frequently use it. It is shown that 67% of the youths indicated that they do not take heroine. All of the drugs and substance indicated on the bar chart are being abused by youths in Mufakose, some take all of the drugs and substance and some uses one two or three.

During an interview, a key informant from Mufakose Police Station gave the following statement:

> *"I would say that at least half of the people in my community drink alcohol regularly, many young people have problems controlling their drink and it causes a lot of problems in families and their relationships".*

Young people aged 15-24 are more likely to use Crystal Meth than other age groups, (UNDOC, 2020). The participants also discussed how Crystal Meth is often abuse than other drugs. The abuse of Crystal Meth also known as "*mutoriro"*, "*guka" or "dombo",* in Shona is popular with youths of both sexes between the ages of 12 to 24 in Mufakose suburb. During a focus group discussion, participants also stated that crystal meth is abused more often in contemporary day society.

> *"My son has become wild since he started using Crystal Meth, he gathers with his friends where they take this drug. He started by drinking alcohol to BronCleer and now its Crystal Meth." (Participant 01, parent, female).*

The results revealed that the majority of the participants have seen Crystal Meth as the most abused drugs than others. Although some noted that youths are using BronCleer it seemed those who use BronCleer also used Crystal Meth.

4.4 Effects associated with drug and substance abuse on youths

The first objective of the research was to ascertain the impacts of drug and substance abuse on youths in Mufakose. These effects includes addiction, risky sexual behaviors, loss of family relationships, violence and crime, lost productivity and school dropout.

Table 4.4 Effects of drug and substance abuse on youths.

Drug and substance abuse and their effects on youths	Agree%	Disagree%	Total%
Addiction	100%	0%	100%
Risky sexual behaviors	87%	13%	100%
Loss of family relationships	80%	20%	100%
Violence and crime	75%	25%	100%

Lost productivity	80%	20%	100%
School drop out	60%	40%	100%

Table 4.4 above shows that 100% of the respondents agreed that drug and substance abuse leads to addiction, 87% indicated that it causes risky sexual behaviors, 80% showed that it leads to loss of family relationships, 75% also agreed that drug and substance abuse causes violence and crime, again 80% and 60% highlighted that it leads to lost productivity and school dropout respectively. The findings showed that 13 percent of the respondents who disagreed that drug and substance abuse have an impact on risky sexual behaviors were male because male are not more vulnerable than females. Forty percent who also disagreed that school dropout, most of them were above 17 years meaning they had already finished their ordinary level and they may not have encountered school dropout.

i) Addiction

Prolonged drug use can lead to tolerance and dependence, as the brain adapts by decreasing its sensitivity to the drugs. As their tolerance increases, the individual may become dependent on the drug and experience withdrawal symptoms when they try to stop using it (NIDA, 2018). Participant indicated that addiction have serious psychological effects and lead to a series of mental health effects including anxiety, depression, psychosis among others. This was expressed in the following extracts:

> *"I started using cough syrup for fun with friends and I am now addicted to crystal meth, I used crystal meth in order to get high and whenever I use them I started to feel or to see things that do not exist." (Participant 11, (16 years), male).*

> *"As a parent I tried to talk with my son to stop drugs but he doesn't want to listen to me, I went with him to one doctor after he became sick started using Crystal Meth, the doctor told me that my son had consumed many drugs and the drug content in his body was too much." (Participant, 03, parent, female).*

"My eyes starts to water uncontrollably, but when I take BronCleer I am alright." (Participant 13, (24 years), male).

One participant mentioned that addiction nearly killed him because after taking drugs he could not eat anything for two to three days. Another participant mentioned that he cannot go for a day without taking drugs and when he took drugs he collapse for more than 5 hours. During an interview one key informant at Mufakose Polytechnic Clinic said:

"Addiction is a chronic brain disease characterized by compulsive drug seeking behavior. It is a serious effect on health, individuals who are addicted experience stroke, heart diseases, liver diseases and respiratory problems. They also experience a higher risk of mental problems, such as anxiety and psychosis."

Two respondents from questionnaires confirmed that drug abuse leads to addiction through the following comments:

"My addiction has ruined my physical health. I lost so much weight, I am always tired, and I started experiencing withdrawal symptoms like shaking and nausea when I can't get my hands on drugs. Mentally, I feel like I am trapped in a never-ending cycle of guilt and shame." (Respondent H, (18 years), male)

"Since I started using drugs, I have noticed my mental health has gotten so much worse. I feel anxious and depressed all the time. Physically, I started experiencing headaches and stomach problems, It's like my body is screaming at me to stop, but my addiction won't let me listen." (Respondent I, (16 years), male)

Parents of youths who abuse drugs and substances expressed a range of emotions and concerns, including *"I feel like I have failed as a parent", "I feel like I have lost my child to drugs", "I hope my child can get the help they need to overcome this addiction."* This implies that addiction exacts a profound toll on individuals, families, and communities. Parents of young people report feeling frustrated and helpless, unable to help their loved ones and feeling emotionally and financially drained by the effects of addiction.

It is clear that dependence is a multifaceted issue that impacts individuals and has far-reaching consequences that affects not only the individuals but also their relationships, mental health, and

physical well-being. This is supported by the, (NIDA, 2018), which states that "addiction is a complex disease that affects the brain's reward, stress, and motivation systems."

ii) Risky sexual behaviors

Drug abuse can have serious effects on the sexual behaviors of young people, particularly females. Substance abuse can lower inhibitions and lead to high-risk sexual behaviors, such as unprotected sex with numerous partners, increasing the risk of contracting and spreading STIs, (NIDA, 2018). Similarly, the World Health Organization (WHO) emphasizes that drug and alcohol abuse can increase the likelihood of sexual exploitation and violence, (WHO, 2018). Drug use can make young women more vulnerable to sexual predators, especially if they are impaired by substances and unable to protect themselves.

> *"I am a drug addict who has been engaging in risky sexual behaviors. I started using drugs when I was a teenager and I have been struggling with addiction ever since. In the past years I have been sleeping around a lot and I have had unprotected sex multiple times and I was treated from sexually transmitted infections for more than two times and was tested positive for HIV and AIDS. " (Participant 12, (19years), female).*

> *"After taking drugs, as a woman I reach a point where I sleep, because I can spent days without sleeping when I sleep I become unconscious and a man can come and sleep with me and go while I am unaware." (Participant 14, (17 years), female).*

Youths who responded to questionnaires emphasized that drug and substance abuse is highly linked to risky sexual behaviors, the following statements reflects how drug and substance abuse contributes to risky sexual behaviors.

> *"Yes, I have engaged in risky sexual behaviors while under the influence of drugs. I had unprotected sex with multiple partners, and I even traded sex for drugs or money. It's a dangerous game, and I have put myself at risk of contracting diseases and getting hurt." (Respondent J, (17 years), female)*

> *"I have made mistakes while using drugs, and one of them was having unprotected sex with someone I barely knew. I was high and didn't think about using protection, and now I worry about the possibility of STIs or unintended pregnancy." (Respondent, B, (19 years), female)*

During an interview with a key informant (Health Professional) at Mufakose Polytechnic mentioned that many young people struggle with drug and substance abuse as a result of their drug and substance abuse, and by the time they seek help they would have already contracted sexually transmitted diseases.

In summary, this implies that drug abuse can lead to risky sexual behaviors particularly among young women. Drug abuse can lead to cloud judgment and decision-making abilities causing individuals to engage in activities they may not want and to disregard the potential consequences of their actions.

i) Loss of family relationships

The findings show that most youths who abuse drugs and substances change their behavior in ways that are difficult for family members to understand and tolerate. They may become distant, irritable, or even hostile, they lie or steal to acquire funds for drugs. As a result, family members feel betrayed, abandoned, or even afraid, they also feel a range of emotions from sadness to anger. All of these feelings lead to the breakdown of communication and loss of trust within the family.

> *"Parents are tired because of their children's behaviors after taking drugs, they become violent and they steal from their parents to get money to purchase these drugs. My neighbor sent her son away after he stole pots and sold them to get money for drugs." (Participant 05, parent female)*

> *"My son has lost respect for everyone in the family, he uses vulgar words always and nothing good comes from his mouth. Everyone does not like him and my other children are taking him as a stranger." (Participant 03, parent, female)*

Drug and substance abuse can destroy the bond between family members, causing long-lasting emotional scars and pain. According to Black (2012), addiction's impact on families is far-reaching, causing emotional distress, resentment, and anger among all members. As a result, family relationships become increasingly tense, and essential bonds like trust, intimacy, and open communication are severely damaged.

> *"I used to have a close relationship with my parents, but once I started abusing drugs that all changed. I lied to them, stole from them and even got into fights with them. Now they*

don't trust me and we hardly talk, I feel like I lost everythingg." (Participant 14, (17 years), female)

"My drug use has destroyed my relationship with my family. They are always worried about me, and we constantly argue about my behavior. I have lied to them, stolen from them, and broken their trust. My parents are at the point where they don't even recognize me anymore." (Respondent M, (15 years), male)

"Since I started using drugs, my family has become really distant. They do not know how to deal with me anymore, and I don't blame them. I have prioritized drugs over spending time with them. My siblings are scared of me, and my parents are exhausted from trying to help me." (Respondent F, (19 years), male)

In summary, drug and substance abuse can break down trust between family members, as the addict may lie or manipulate to get their next fix. Drug addicts can place a significant financial burden on families, as the addict may steal money to buy drugs. Drug and substance abuse also causes emotional damage to the addict's family members, who may feel helpless, frustrated or angry.

ii) Violence and crime

The data gathered from the community shows that drug abuse is a significant factor contributing to violence and crime. It is associated with increased rates of violence, gang involvement, and criminal activity, especially among young people. During an interview, the key informant from Mufakose Police Station under Criminal Investigation Department said:

"Drug abuse is a major contributor to violence and crime in our community. Drug users often become desperate and resort to violent means to get money to support their habit. They also commit property crimes such as theft and burglary to obtain money for drugs."

Stealing is a common method used by individuals with substance abuse problem. This is because drug abuse can be extremely expensive, and individuals may resort to criminal activities such as theft to get the money they need to support their addiction. Shaffer, (2012) agreed that individuals struggling with drug addiction may turn to stealing or other criminal activities to fund their habit,

due to the high costs associated with maintaining a drug addiction. Participants from focus group discussions had this to say:

"I could steal anything from my relatives or from my home, addiction can leave you with nothing but the clothes on your back." (Participant 15, (20 years), female).

"It even went to a stage where he started taking things and selling them to buy drugs, he stole a lot of things, my laptop, cell phones, and even food at home." (Participant, 04, parent, male)

"My friends and I, after we take drugs we start to harass people, stealing their phones." (Participant 16, (23 years), male)

The study also found out that individuals who are addicted to drug and substance abuse are probable to take part in violent behaviour, especially if the drugs are taken in a way that distorts their perception, judgement, and emotions. This is supported by Carroll, (2018) who states that individuals struggling with drug addiction are more prone to engage in violent behavior. Comments reflecting this includes:

"When I take drugs I can even assume things, sometime I assume that people are talking bad things about me and from there we start to fight." (Participant, 17, (24 years), male)

"My drug use led me to engage in criminal activities to support my habit. I started stealing from my family and friends, and eventually got involved in gang activity to make money. I have been in fights, and sold drugs to others." (Respondent L, (14 years), male)

"At first, I didn't think drug use would lead me to violence, but it did. I became aggressive when I was high, and got into fights with my friends and even strangers." (Respondent J, (17 years), female)

"My son has become violent, and I am always alert because of fear that my son can do anything to me, I am his mother but I am afraid that he can rape me, sharp assets like knives and the like we keep them away from him because he has become wild, he engage in fights with his brother and even told him that he will kill him." (Participant 07, parent, female)

A key informant from Mufakose Police Station under the Criminal Investigation Department also admits that drug abuse among youths is now rampant and many are engaging in violent activities such as robberies, domestic violence, gang violence and many more. This is shown by the following statement:

> *"As the Zimbabwe Republic Police, we made some raids in Mufakose of late where we apprehended 35 youths who were abusing drugs and later involved in fighting. These youths comprise of 31 males and 4 females. Through investigation we found out that these youths were abusing cannabis, and crystal-meth which is also known as mutoriro."*

In summary, violence and crime was seen as a harmful effect of drug and substance abuse among youths. It is disturbing that most of the youths who are involved in violent and crime are youths who abuse drugs. It is a huge burden as parents and the community are now living in fear due to behavioural change among youths, violent acts theft and other things.

(i)   Lost productivity

The findings of this study highlighted that young people who abuse drugs lost their productivity at work and some have dropped out of school. This is also highlighted by Hingson et al. (2016) who mentioned that substance use disorders among young adults are associated with decreased academic achievement, increased risk of dropping out of school, and reduced productivity in the workplace. Drug abuse leads to absenteeism, tardiness, and poor job performance, which affects the youths who are supposed to be productive in the economy. This is supported by DuPont, (2017) who noted that drug abuse among young people can significantly impair their productivity and contributions to the economy. Participants during a focus group discussion also confirmed by saying:

> *"I was an athlete but drug addiction ruined my sports career. I lost my scholarship, my teammates and my self-respect." (Participant 17, (24 years), male)*

> *"I find it difficult to focus on my work because I will be thinking about getting my next fix." (Participant 18, (17years), male)*

"I used to work for long hours without any breaks, and later I had to take frequent breaks to use drugs until I was fired due to absenteeism at work because I could be preoccupied with my addiction." (Participant 19, (19years), male)

Respondents from questionnaires also agreed that drug and substance abuse affects productivity. This is shown by the following quotes:

"Definitely, drug abuse has affected my productivity big time. I used to be a good student, but once I started using drugs, my grades started slipping." (Respondent M, (15 years), male)

"I lost my part-time job because I kept showing up late or not showing up at all. It's like drug use has sucked the life out of me, and I'm struggling to get it back." (Respondent G, (24 years), male)

This implies that drug and substance abuse affects the way youths perform at work. Some lose focus, and they get involved in malfunction, lack of punctuality at work among others. Health facilitators from Mufakose Polytechnic Clinic mentioned that she witnessed first-hand the devastating impact that drug and substance abuse can have on the productivity of youths through the following statement:

"The physical and mental health effects of drug abuse, such as fatigue, impaired judgement, and decreased motivation can significantly hinder a young person's ability to function productively both in school and at a work."

In summary, drug and substance abuse is a serious issue that not only affect the individual's health and well-being but also has far-reaching consequences on their productivity, relationships and overall quality of life. It hinders the young person's ability to function effectively in their daily life, leading to diminished performance at school, work, or in extracurricular activities.

(ii)   School dropout

Drug and substance abuse causes many young people to drop out of school. This is supported by 60% of youths from questionnaires who confirmed that students who abuse drugs and substances

drop from school. Participant from a focus group discussion also agreed that drug and substance abuse leads to school dropout.

"I could not keep up with my school work because my drug use was affecting my concentration." (Participant 11, (16 years), male)

"I started using drugs when I was in high school. At first it was just a way to have fun and fit in with my friends, but before I knew it I was hooked. I started skipping classes to get high and my grades started slipping." (Participant 16, (16years), male)

Respondents from questionnaires shed light on how drug and substance abuse has affected their education.

"Drug abuse completely derailed my education. I was a good student before I started using drugs, but once I got hooked, I stopped caring about school. I would miss classes, forget assignments, and struggle to focus when I was high." (Respondent M, (15 years) male)

"Substance abuse affected my education in so many ways. I would show up to class late or not at all, and when I was there, I was distant and disconnected." (Respondent N, (14 years) female)

The above results divulge that drug abuse affects youths in academics, this as an outcome causes them to drop out of school. Participants shed light on another aspect, where some youths are entrusted with school fees by their parents and instead divert these funds toward purchasing drugs. Johnson, (2013) noted that drug abuse is a strong indicator of school dropout among young people. This is supported by the following statement from a participant during a focus group discussion:

"Even when one is given money to pay for the fees, one will prefer to divert the money towards purchasing drugs as they go around the neighborhood with the friends. That is why there is an increase in school dropouts because drugs cause young people to lose focus in life." (Participant 03, parent, female)

In summary, school dropout and substance abuse are often intertwined, with one factor often exacerbating the other in a vicious cycle. For some adolescents, drug abuse may lead to academic disengagement and eventual dropout, depriving them of the opportunities and support that a formal

education can provide. Substance abuse can lead to poor attendance, low grades, and difficulty concentrating, all of which can contribute to academic disengagement and eventually dropout.

4.5 Factors that influence drug and substance abuse among youths

The study's second objective sought to shed light on the elements that contribute to substance abuse among youth. There are several factors that influence drug and substance abuse on youths. This study looked at some of the major factors which has contributed to drug and substance abuse in Mufakose. In investigating the factors which influenced drug and substance abuse among youths in the area the objective was guided by information that was sought through the research instruments that were used which are questionnaires, interviews, and focus group discussions. The results are presented below.

Factors that influence drug and substance abuse	Peer pressure	Living environment	School environment	Stress	Family
Very influential	60%	30%	40%	67%	50%
Influential	30%	40%	17%	17%	23%
Moderately Influential	7%	20%	33%	10%	17%
Not influential	3%	10%	10%	6%	10%
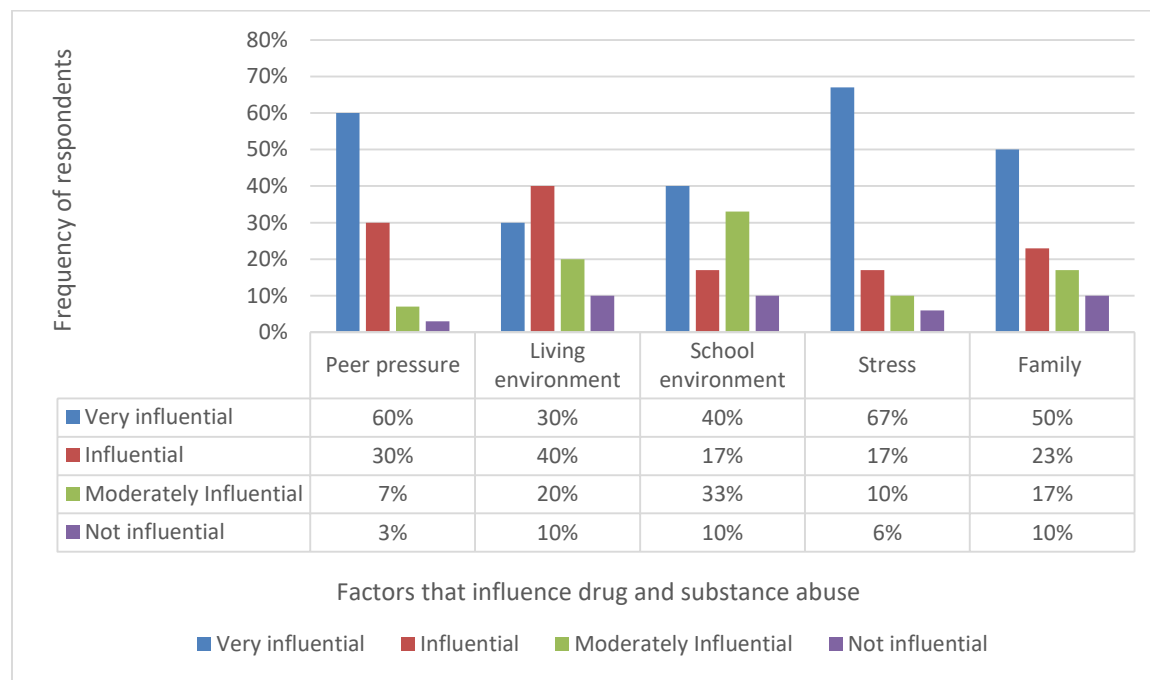
Figure 2. 3 Factors influencing drug and substance abuse (Primary Data)

Figure 4.3 above depicts that stress is the major factor which influence the use of drugs and substances by youths, this is shown with 67% of the respondents agreeing that they take drugs as a result of stress. Peer pressure is the second influential factor with 60 % confirming the use of drugs due to pressure from their peers. Also, the family contributes to drug and substance abuse

and 50% agreed. Forty percent confirmed that school environment influenced their drug use while 30% said living environment also contributed. It was confirmed that all of the factors that are listed on the bar graph above influenced drug and substance abuse by youth although each factors has its own contributing level.

(a) Peer Pressure

From this study several responses highlighted much on peer pressure and that it has more impacts since drugs are abused in groups. This is supported by Abdul, 2016 & Scales et al., (2015) who noted that it is imperative for young people to navigate this delicate phase of life with caution, as imprudent decisions made within the group can have severe and irreparable consequences. During an interview one police officer from Mufakose Police Station under Criminal Investigation Department mentioned that:

> *"Peer pressure is a powerful force especially for young people who are trying to fit in with their friends. They feel like they have to do drugs or take alcohol in order to be accepted by their peers".*

The above statement was also confirmed by youth participants from a focus group discussion and those who responded to questionnaires.

> *"I felt like everyone around me was using drugs and alcohol so I thought it was normal, I didn't realize how dangerous it could be. My friends made it seem like drugs was the cool thing to do and I wanted to be cool. I just wanted to fit in and be part of the group and I thought this was the way to do it". (Participant 12, 19 (years), female)*

> *"My friends and I would hang out and party together, and drugs were always available. At first, I was hesitant, but they would encourage me to try it, saying it was fun and that I was missing out. They made it seem like everyone was doing it, and I didn't want to be left out. So, I started using drugs to fit in and feel accepted by my peer group." (Respondent E, (16 years), male)*

In agreement with previous studies, the research findings also indicated that peer influence significantly affects adolescents' propensity to engage in drug use. The group represents a comfort zone for young people, free from the constraints of authority, where they can explore their identity

45

and find acceptance. The participants revealed that most drug use initiation occurs within this social circle, underscoring the crucial role of peer influence in shaping young people's decisions.

> *"You see friends being so powerful especially in adolescence, my 17 years old son would rather be with his friends than be with us at home regardless of how loving and caring we are as parents" (participant 09, parent, male).*

Peer pressure can be a powerful force, especially during adolescence and young adulthood when social connections and acceptance are crucial. Youths may feel compelled to conform to their peers' behaviors, including drug and substance abuse to avoid social exclusion or rejection, (Hansen et al., 2016). The interviews held with key informants also highlighted the influence that peers have on the initial use of drugs and substances.

> *"Peer pressure plays a huge role in drug and substance abuse among youths. As a health facilitator. I have worked with many young people who have struggled with addiction, and often they report feeling pressured by their friends to try drugs and alcohol. We need to teach our youth how to resist peer pressure and make healthy choices, and provide them with support and resources to help those overcome drugs and substance abuse." (Mufakose Polytechnic, Sister in Charge)*

> *"Peer pressure is a significant factor in drug and substance abuse among youths. We have seen many cases where the young people are introduced to drugs by their friends or peers and soon they are hooked. It is a vicious cycle, and we need to educate our youths about the dangers of drug and substance abuse and the importance of making good choices." (Mufakose Police Officer)*

The quotes from the police and health facilitator highlight the important impact of peer pressure on drug and substance abuse among youths. The police emphasizes the importance of education and good choices, while the health facilitator stresses the need for resistance skills and support resources. Both perspectives underscore the critical role of peer relationships in shaping young people's behaviors and decisions.

(b) Living environment

The surroundings and community an individual resides in play a significant role in their susceptibility to drug abuse. Research has shown that living in an environment characterized by social disorganization, fragmented social relationships, and a lack of community unity can increase the likelihood of drug abuse (Hawkins et al., 2018). During a focus group discussion with youths from Mufakose in Harare, Zimbabwe several responses were given.

> *"In Mufakose we have places which sell drugs and these places or homes are called "base". Drugs are available everywhere, it's now a choice whether to use drugs or not because if you need them it doesn't take 5 minutes to get them." (Participant 20, (19 years), male)*

> *"It's easy to get drugs in the neighborhood, you can get them on the street or even from people you know." (Participant 14, (17years), female)*

> *"I grew up in a neighborhood where drug use was normal. Everyone around me was doing it, from my friends to my neighbors. It was easy to get drugs, and it seemed like the cool thing to do." (Respondent C, (23 years), male)*

During an interview with the Sister in Charge at Mufakose Polytechnic, she mentioned that drugs are in the community, and the community has accepted an abnormal situation to be the norm which is surprising.

In summary, the living environment plays a fundamental role in influencing drug and substance abuse among youths. The environment in which one lives can either contribute to or protect against drug and substance abuse. A challenging and adverse living environment like family conflicts, neglect and abuse increase the risk of drug and substance abuse among youths.

(c) School environment

The school environment is a factor that influence drug and substance abuse. The study further identified that school environment can influence students' attitude and behaviors, and it can also expose them to drugs and alcohol. The school environment plays a critical role in influencing young people to start using drugs. The following statements highlighted how the school environment influenced some youths.

"There is a lot of pressure to fit in at my school, if you are not part of the crowd it can be really tough and a lot of the time the crowd is involved in drug use. It's hard to say no when all your friends are doing it". (Respondent, I (16 years)

"In my school, drugs were everywhere. Students would sell and use drugs openly in the bathrooms, hallways, and even in class. It was easy to get drugs because my classmates were dealing and using them. I started using drugs because it was so accessible and seemed like everyone was doing it. The school didn't do enough to prevent drug use or help students who were struggling with addiction." (Participant 11, (16 years), male)

During an interview with a key informant at Marimba Police Station, it emerged that student's school environment with uncaring teachers and staff influence children's behavior. The school policies can hugely influences young people as some schools are not strict enough to prevent the use of drugs and substances in the school's premises.

In summary, schools can be breeding grounds for peer pressure, where students may feel compelled to try drugs to fit in or gain acceptance from their peers. Also, insufficient drug education and awareness programs can leave students ill-equipped to make informed decisions about drug use.

(d) Stress

Stress creates a cycle of negative thoughts and behavior which can make it even harder to cope without drugs. This is also highlighted by Chibanda, (2018) who explored the connection between stress, mental wellbeing, and substance abuse. During a focus group discussion with youths who are victims of drug and substance abuse participants gave the following statements:

"I have a friend whom I take drugs with, whenever he feels stressed it seems taking drugs is the only way to escape from everything." (Participant, 11, (16years), male).

"My parents are always fighting and I am always worried about them. I feel I cannot deal with all the pressure, so I turn to drugs to make myself feel better." (Participant 14, (17years), female).

Death of a parents is a profoundly distressing encounter, but the aftermath can be even more devastating if the new guardian in the family subject the child to abuse. This traumatic scenario was articulated by one participant who conveyed that:

"I am 17 years old, I stay with my grandmother my mother is sick and I don't know my father I am just like an orphan. My grandmother always shouts at me and she ill-treat me that's why I ended up taking drugs to reduce stress and forget my problems." (Participant 18, (17 years), male).

The following statements were given by youths who responded to questionnaires:

"School was stressing me out big time. I was struggling to keep up with grades, and my parents were breathing down my neck to perform better. I felt like I was failing and disappointing everyone. My friends introduced me to drugs, saying it would help me relax and forget about my worries. At first, it worked, and I felt like I could finally breathe again. But soon, I was using drugs to cope with every little stress, and it spiraled out of control." (Respondent J, (17 years), female)

"I was going through a tough time at home. My parents were getting divorced, and I felt lost and alone. I was also struggling with bullying at school, and I felt like I had nowhere to turn. Drugs seemed like an escape from all the pain and anxiety. I started using drugs to numb my feelings and forget about my problems." (Respondent F, (19 years), male)

This study assessed that youths resort to drugs as a coping mechanism, seeing drugs as a quick fix to escape their stress. The quotes demonstrate how anxiety can be an important factor in leading to drug use, whether it is related to significant life changes or traumatic events. This is supported by Herrington, (2017), who found that young people often turn to drugs as a coping mechanism for stress, viewing them as a quick escape from their emotional pain.

During an interview with one health facilitator (key informant) from Mufakose Polytechnic Clinic she emphasized that stress can lead to drug use in youths as a coping mechanism, which can quickly develop into addiction. This is reflected by the following comments:

"Stress can be a significant trigger for drug use in young people, as they may turn to substance as a way to cope with their emotions."

49

In summary, stress is a crucial factor which influence on drug and substance abuse among youths. The health professional noted that stress can trigger drug and substance use as a coping mechanism, and that various sources of stress can contribute to drug and substance abuse.

(e) Family

The family environment can significantly influence a young person's perceptions and involvement with drugs. When family members, such as parents or siblings, engage in substance abuse, it can normalize drug use and create a culture that perpetuates drug involvement, increasing the likelihood that the adolescent will follow suit, (Hawkins, 2017). Several participants and respondents reported parental drug use as a significant influence for their own substance abuse. They recounted how, while growing up, their household associates would flexibly consume drugs in the home, standardizing and perpetuating this harmful behavior.

> "*My parents send me to purchase drugs for them, and this leads me to crave the high that these drugs provide. In an attempt to satisfy my desire for the drugs, I find myself desperate for money to purchase the drugs myself.*" (Participant 15, (17 years), male)

> "*Growing up, my parents were heavy drinkers and would often fight and neglect me and my siblings. I felt lost and alone, and my parents' substance use made me feel like it was okay to escape my problems through drugs too. My older siblings introduced me to drugs, and it became a way for me to cope with the chaos at home.*" (Respondent G, (24 years), male)

According to Chireshe, (2017) children whose parents are separated or divorced are more vulnerable to substance abuse compared to those from intact families. Parental separation can intensify the probability of drug use among children, as they may be more probable to take part in risky behaviors as a managing tool for emotional distress. This is reflected by the following quotes:

> "*I divorced with husband in 2013 when my son was in form 3, I relocated to Botswana and my son stayed behind with his father. His father stopped taking care of him and he stopped going to school. When I came back from Botswana my son was into drugs and I could not control him he is now addicted when mutoriro (crystal meth) came he graduated from*

mbanje (cannabis) to crystal meth and now seems like he is mentally disturbed because he sometimes talks or laughs to himself." (Participant 04, parent, male)

Participants disclosed that sibling drug use served as a potent motivator for younger siblings to engage in substance abuse themselves. This is supported by Herrington, (2017) who noted that older Sibling's drug use can significantly influence younger sibling's likelihood of engaging in substance abuse. This phenomenon was articulated by a youth who divulged that:

"My sister also takes drugs because she saw me taking them, but the problem is we do not share drugs and we are not in good books so she does that with her friends." (Participant 20, (19 years), male)

To summarize, drug use within a family system plays a crucial role in the development of drug use among its members, while non-drug use by family members serves as a defensive factor against drug use. Several drug users reported exposure to drug use within their families, leading them to engage in drug use themselves.

4.6 Strategies and interventions to reduce the surge of the effects of drug and substance abuse among youths

The third objective of the study was aimed at uncovering measures, strategies and interventions that can be employed to minimize the harmful effects of drug and substance abuse among youths. Drug and substance abuse is a rising issue among young people in high-density suburbs and Mufakose is not exceptional. It leads to a range of negative consequences for youths which also affects families, and society as a whole. While school-based prevention programs, community engagement in prevention programs, and government intervention programs have been implemented to reduce the effects of drug use, there is still much room for improvement.

(a) Community-based intervention programs

Parents, key informants, and youths emphasized the importance of community engagement and support for helping to reduce the effects of drug and substance abuse on youths. Key informants suggest educational and awareness campaigns as a key strategy with youths believing that rehabilitation and recreational activities are a promising approach to reduce the risk of drug and substance exposure. Musyimi, (2020) noted that programs and initiatives that offer young people

alternative activities and supportive environments can be a vital component in preventing and addressing drug and substance abuse,

According to the reports from participants and respondents, the community can set up support groups, monitoring programs, and counseling services to help young people struggling with drug and substance abuse. Comments reflecting this include:

> *"I believe we should increase community engagements and provide support for young people, particularly those at risk of substance abuse." (Participant 10, parent, male)*

> *"We need to focus on education and awareness campaigns to help our children understand the risk of drug and substance abuse." (Participant 04, parent, male)*

> *"I think in this community if we have a rehabilitation center it will help youths who are struggling to leave drugs due to addiction, it will reduce exposure to drugs and substances abuse." (Respondent A, (17 years), male)*

In an interview with key informants, they highlighted major programs that need to be put in place at a community level. These programs help young people to build self-confidence and learn about the effects that come with drug and substance abuse. At Mufakose Police Station, the police officer said:

> *"Mentorship programs are very important in the community, they can pair young people with positive adult role models who can provide guidance, support, and positive social connections."*

This was supported by another key informant from Mufakose Polytechnic Clinic, a health facilitator as she mentioned that:

> *"Community-based intervention programs can help reduce the impacts of drug and substance abuse among young people. One alternative is the Youth Advisory Board, in which young people can provide input and feedback on program development and evaluation, and serve as ambassadors to other young people in the community."*

The findings indicate that involving young people in community-based intervention programs can be a powerful way to lessen drug and substance abuse among youths. Young people are more

expected to pay attention to and trust other young people, so having them involved in prevention efforts can help to effectively communicate the risk of drug use and promote healthy alternatives. Youths feel a sense of ownership and involvement in their community when they actively participate in addressing its problem. This is also confirmed by Chireshe, (2018) who mentioned that, involving young people in community programs can make a big difference in preventing drug and substance abuse.

(b) School-based intervention programs

School-based intervention programs can be an effective way to address the issue of drug and substance abuse among youths. Schools can create safe and supportive grounds for students to discuss drug and substance use and its impacts. Schools can teach life skills such as decision-making, communication, and stress management, which can help young people develop the coping mechanisms they need to resist peer pressure and avoid drug and substance use, (Bhatti, 2020). This study identified that school-based programs can influence large number of youths at once making it easier to spread awareness and promote healthy behavior. These strategies are given below:

> *"Schools in our area are doing what they can, but they need more resources to address the drug problem effectively. If we need to prevent drug use, we need to invest more in our schools and our community." (Participant 06, parent, female)*

This quote highlights the need for additional resources to support schools in the community. It emphasizes that effective drug prevention strategies require investment in not only counseling services but also other aspects of school life, such as extracurricular activities that help keep young people engaged and involved in positive activities.

Another respondent to the questionnaire had this to say:

> *"Schools need to do more to educate students about the dangers of drug use. We need to know the truth about what drugs can do to our bodies and our lives. If we do not know, we are more likely to try them." (Responded B, (19 years), female)*

During a focus group discussion, participants also highlighted the importance of educating youths about the dangers of drug and substance abuse.

"Educating our children about the dangers of drug use is critical. If they do not understand the risks and consequences, they may make decisions that put their health and their future in jeopardy. It is up to schools to provide comprehensive, accurate information about drugs and how to avoid them." (Participant 01, parent, female)

"Youths today are under a lot of pressure, they are exposed to drugs at younger ages than ever before. That is why it is so important for schools to teach youths about drugs and how to say no. Schools should have strict measures that do not allow any drug or substance to enter the school premises and they need to provide extracurricular activities which keep youths engaged." (Participant 04, parent, male)

Young people who are well informed about the risks and effects of drug use are less likely to experiment with drugs or become dependent on them. Well-informed youth are less likely to try drugs or become dependent. According to Herrington, (2017) education and awareness programs strengthens young people with the intelligence and abilities to make informed choices about drug use. Schools are a natural venue for delivering this education, as they provide a structured environment where students can receive information and support. During an interview with one key informant at Mufakose Police Station, he had this to say:

"Police officers cannot be everywhere all the time. We need schools and communities to work together to prevent drug abuse. School-based prevention programs can help by reaching youths early before they start using drugs or become involved in criminal activity, we need to focus on prevention not just enforcement."

This was also confirmed during an interview with another key informant at Mufakose Polytechnic Clinic, and she had this to say:

"Schools are in a unique position to promote positive health behaviors and reduce risky conduit like drug use. By educating young people about the dangers of drug use and providing them with support, we can reduce the number of people who become addicted to drugs and improve overall health outcomes for the community."

54

In summary, a comprehensive drug education in schools can help young people make informed decisions and resist peer pressure. According to Herz, (2015) collaboration between schools, communities, and law enforcement is critical for effective drug prevention. By promoting positive health behaviors and reducing risky actions, schools can improve health outcomes and reduce the effects of drug and substance abuse.

(c) Government Intervention Programs

The government has implemented a variety of interventions to tackle the effects of drug and substance abuse around the country ranging from legislative measures to public health campaigns. Despite government intervention, there are still some challenges and gaps in addressing the effects associated with drug and substance abuse. The findings of this research showed that while government intervention strategies can be an essential tool in addressing the effects of drug and substance abuse, they should be coordinated and targeted to be fully effective.

Key informant from Mufakose Police Station under Criminal Investigation Department said:

> *"Currently we have laws that are punitive and not restorative in nature, the majority if not all of the rehab facilities are owned by private institutions and mostly those rehab facilities are expensive for the ordinary citizens. There is need for the laws to be obliged to the government to build rehabilitation centers so that it will cater for ordinary people in the community."*

> *"The government should increase positive youth facilities so that it occupies our youths with something to do and also to increase outreach, campaign and awareness be it in schools and doing even grassroots levels going to schools explaining to them the effects of drug and substance abuse, I think that would be my recommendation to civic society."*

A key informant from Mufakose polytechnic Clinic had this to say:

> *"The government needs to come up with rehabilitation centers, and in terms of youths they need something to do since they are not employed. Local authorities should consider youth in casual work and in some of the activities that are done in the community."*

"Law enforcement needs to be taken into another level, it should put screws and places where drugs are sold should close, we should not leave an option for a house or a person selling drugs and they are walking free and the communities know. The government has already started this program of closing these places that sell drugs but more still needs to be done."

Participants and respondents highlighted the need for the government to launch public awareness campaigns, integrate drug education into school curricula, and provide accurate information about the effects of drug and substance abuse. Also, to support community based initiatives through funding and partner with organizations working to prevent drug and substance abuse, provide counseling, and promote healthy lifestyles. This is supported by Musyimi, (2020) who highlighted the importance of government intervention in funding programs to minimize the effects of drug and substance abuse on youths. This was is shown by the following comments:

"Our children need to know the dangers of drug abuse from a young age. The government should make schools are teaching this class." (Participant 07, parent, female)

"The government should create more opportunities for us to engage in sports, arts, and other activities that keeps us stay away from drugs." (Respondent F, (19 years), male)

"The government needs to create jobs and opportunities for us, so we do not feel hopeless and turn to drugs." (Respondent C, (23 years), male)

This study also emphasized the need for the government to set stiffer penalties for those who sell drugs so that the availability of drugs in the community reduce. Manyeruke, (2017) also agreed that toughening drug laws and imposing stricter penalties on drug traffickers and dealers can lead to a significant reduction in drug availability in communities. This strategy can effectively disrupt the drug supply chain, serve as a deterrent to potential offenders, and ultimately result in a safer and healthier community.

"The government should arrest and punish drug dealers harshly, they are destroying our children's lives." (Participant 10, parent, male)

"The government needs to take action against drug sellers, they are the ones who got us hooked." (Respondent D, (24 years), female)

> *"We need harsher penalties for drug sellers, it is the only way to stop them from destroying our lives." (Participant 15, (20 years), female)*

More youths urged that if they had jobs they could not have been involved in drug and substance abuse and they are ready to leave drugs if they get help from health services.

> *"The government should make mental health services more accessible and affordable." (Participant 11, (16 years), male)*

> *"They should create jobs and opportunities for us, so we do not feel hopeless and turn to drugs." (Respondent G, (24 years), male)*

In summary, these quotes highlight the need for a comprehensive approach to address the effects of drug and substance abuse among youths through increased resources for rehabilitation and support, awareness programs and education, providing alternative activities and programs for youths, addressing root causes like drug dealers and providing safe spaces for socialization.

4.7 Chapter summary

In essence, the study participants shed light on a diverse array of effects and risk factors, permeating every aspect of a young person's life from the personal level, encompassing individual characteristics and behaviors, to broader societal factors, influencing the overall environment and culture. The findings revealed that drug abuse has severe physical, psychological and social consequences including health problems, mental health issues, relationship breakdown and many others. The risk factors identified include peer pressure, family, stress, living environment, and school environment. This chapter also explored strategies to address the challenge of drug and substance abuse among young people. These strategies works collaboratively from school-based intervention programs which is supported by community-based programs and government intervention to achieve a common goal.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter introduces a concise overview study findings, conclusion, and recommendations for addressing issues identified during investigation.

5.2 Summary of the research findings

With the main aim being to uncover the effects of drug and substance abuse on youths, this study employed mixed approach in research methodology. Thus the study made use of a combination of both qualitative and quantitative research methods. This enabled the study to moderately and assess the obtained responses which helped much in reducing the biasness of the qualitative and quantitative responses.

The research findings showed that drug and substance abuse poses major effects on youth of Mufakose suburb in Harare. The study participants and respondents demonstrated a strong understanding of the topic and were forthcoming with their experiences and perspectives, regardless of whether they were currently using drugs or not. This willingness to share knowledge and experiences was invaluable for gaining a comprehensive understanding of the issue. This research revealed that youths are mostly abusing crystal meth and cannabis, and all youths who take these drugs or substances suffer addiction, 100% of the respondents from questionnaires agreed that drug and substance abuse leads to addiction.

Findings also showed that youths who abuse drugs and substances are involved in crime and violent activities, they steal money to buy these drugs from their families and relatives and this leads to loss of trust between them and their families. Also, they become violent as they fight with others from the community and within the family. Due to addiction, they develop a mental health problem called psychosis where they assume things and see things which do not exist hence they end up fighting with other people. Also, the study reviews that drug and substance abuse drives

youths into risky sexual behaviors and young women are the most victims. As a result, they suffer from sexual diseases such as sexual transmitted infections and HIV and AIDS.

The study showed that youths who abuse drugs and substances compromises their relationships with their families. There is loss of trust, and it is very difficult to form bonds within a family. It is clearly shown in this study that 80 percent of the youths confirmed that drug and substance abuse has affected their family relationships. Again, due to addiction school going youths end up dropping from school and continuing with drug and substance use, 60% of the youths confirmed that drug and substance abuse leads to school dropout. Therefore, this affects the productivity of young people for those who go to school and to work. Youth are found unproductive as they mostly rely on drugs and substances, these drugs create zombies in our today young people.

From the research findings, several factors which influence drug and substance use among youths were highlighted, youths who are involved in this menace pointed out that the major reason they consume drugs and substances is to get away with stress and most of them have been introduced by peers, 60% highlighted that it is peer pressure. Parents and key informants also agreed that peer pressure is the major drive. Other factors such as the living environment, the school environment and family were also influential in driving young people into drug and substance abuse.

This study further outlined measures which can be employed by community members, institutions like schools and the government to address the adverse effects of drug and substance abuse among youths. The research noted community-based intervention programs, school-based intervention programs and government policies and programs as strategies which can be employed to minimize the effects of drug and substance abuse among young people. Education programs, awareness campaigns, youth empowerment, and establishment of rehabilitation facilities have been found important in reducing these effects.

5.3 Conclusion

The research concludes that drug and substance abuse has great effects on youth in Mufakose suburb. Peer pressure, school environment, living environment, stress and family behaviors are the major factors which influence drug and substance abuse among youths. These factors has resulted in many youths become addicted to drugs and substances and the effects multiplied as they are now engaged in risky sexual behaviors, and violence and crime. Family relationships has

deteriorated, youths are dropping out of school and are becoming less productive due to drug and substance abuse. It has discovered that young people are more dependent on drugs and substances for energy. Therefore, they are more exposed to health effects such as lung cancer, mental health disorders, psychosis, and many more.

5.4 Recommendations

The study concludes with a series of recommendations for civil society, development institutions and future researchers, grounded key results of the research. The following recommendations provide a roadmap for addressing the identified effects of drug and substance abuse among youths in Mufakose community.

- The civil society should increase in campaign and awareness, reviving youth's facilities as a way of keeping our youths off the streets.
- The government need to increase access to addiction treatment to ensure that individuals with addiction have access to comprehensive and evidence based treatment programs, including medication assisted treatment and counselling services.
- Policymakers should focus on improving access to evidence-based treatment and establishing more rehabilitation centers, which provide individuals struggling with addiction with a safe, supportive, and structured environment to aid in their recovery and reintegration into society.
- Schools should provide comprehensive health education programs that emphasize the dangers of substance abuse and empower students to make informed decisions.
- Communities should create positive environments that discourage substance abuse and promote healthy activities.
- Communities and individuals, should prioritize empathy and understanding in addressing the issue of addiction. Treating addiction as a diagnosable health problem rather than a natural occurrence or personal shortcoming can help to reduce the stigma associated with the condition and encourage individuals to seek help.

References

Abdul, A. H. (2016). Influence of selected family context and peer group on secondary school student's involvement in deviant behavior in North East Geo- political, Nigeria.

Agboola, A., Quaghebeur, E., Rajan, S., Okigbo, A., Debpuur, C., & Mills, E. J. (2014). Tobacco and alcohol use and HIV risk behaviors among youths aged 15-24 years in three sub-Saharan African cities. International Journal of Behavioral Medicine, 21(2), 173-184.

Anderson, D., Beckerlrg, S., Hailu, D., & Klein, A. (2020). The khat controversy: Stimulating the debate on drugs. Routledge.

Atiken, A. G., Bucholz, K. K., & Jacob, T. (2016). Substance abuse and family relationship quality: Evidence from a nationally representative longitudinal sample of emerging adults. Journal of Adolescent Health, 59(2), 181-189. doi:10.1016/j.jadohealth.2015.11.015.

Baba, S. F., Zemore, S. E., & Kivlahan, D. R. (2013). Heavy drinking and intimate partner violence: Multivariate analysis of age, gender and subtypes of intimate partner violence. Psychology of Violence, 3(2), 153-164. Doi: 10.1037/a0029487.

Baker, J. L., Frosch, D. B., & Devers, K. E. (2021). Parental substance use and child maltreatment: A systematic review of the evidence. Addictive Behaviors, 125, 106036. https://doi.org/10.1016/j.addbeh.2021.106036

Bandura, A. (1977). Social learning theory. Englewood Cliffs, NJ: Prentice-Hall.

Black, C. (2012). It will never happen to me growing up with Addiction as Youngsters, adolescents, adults. Hazelden Publishing

Brady, J. M. (2019). Community-based approaches to prevent drug abuse. Journal of Drug Issues, 49(2), 227-241.

Brinkley, B. C., Sitzmann, K. R., & Schmeck, R. L. (2019). Identity theory and the influence of peer groups on risky behavior among emerging adults. In P. N. Smith (Ed.), Emerging adulthood: A handbook of theory, research, and applied perspectives (pp. 261-281). SAGE.

Brown, J. (2022). A multi-dimensional examination of the consequences of addiction. Journal of Substance Abuse Treatment, 115(1), 36-45.

Bushman, B. J., Cooper, H., & Hofmann, W. (2013). Alcohol and aggression: A meta-analytic review of the experimental evidence. Psychological Bulletin, 139(1), 142

Bwanya, E., & Shumba, M. T. (2019). An examination of substance abuse and delinquent behavior of college students in Zimbabwe. International Journal of Alcohol and Drug Research, 8(1), 24-30. Doi: 10.7895/ijadr.v8i1.277.

Carroll, K.M. (2018). Behavioural therapies for substance use disorders. Annual Review of Clinical Psychology, 14, 329-353

Caspi, A., Belsky, D. W., Goldman-Mellor, S., Harrington, H., Israel, S., Poulton, R., Moffitt, T. E. (2016). Genetic moderation of the association between maltreatment and depression across the life-course. Psychological Medicine, 46(4), 915-924. Doi: 10.1017/S. Duke University

Chibanda, D. (2018). Mental health in Zimbabwe: A review of the literature Journal of Psychology in Africa, 28(2) 1-9

Chidzonga, T., Masuka, F., & Zegeye, D. (2019). Patterns of substance use among children in child-headed households in Zimbabwe. International Journal of Adolescence and Youth, 24(4), 539-551. Doi: 10.1080/02673843.2019.1605704.

Chikobvu, E. (2012). A framework for understanding substance use and abuse in Zimbabwe. African Journal of Social Work, 1(2), 99-107. University of Zimbabwe

Chikoko, W., Chikoko, E., Muzvidziwa V. N. and Ruparanganda, W. (2019) NON-Governmental Organisations' Response to Substance Abuse and Sexual Behaviours of Adolescent Street

Chikwanda, G. (2017). Addiction in Zimbabwe: The role of community-based initiatives.Children of Harare Central Business District. African Journal of Social Work 6(2), 58_64.

Chimbari, M. F., Chikukwa, G., & Magwali, T. (2013). Epidemic of substance abuse among Zimbabwean youths: The need for intervention. Journal of Social Aspects of HIV/AIDS, 10(1), 111-121.

Chimuka, T., Muula, A. S., & Wutawunashe, F. (2019). Substance use and risky sexual behaviour among rural secondary school pupils in Zimbabwe: A cross-sectional survey. BMC Public Health, 19(1), 1109.

Chireshe, R. (2017). The impact of parental separation on children's behavior. A study of secondary school students in Harare Zimbabwe. Journal of Social Sciences, 52(1) 1-12.

Chireshe, R. (2018). Youth empowerment and community development. A Zimbabwean perspective. Journal of community development, 49(2). 123-135

Chisaka, M., Mufune, P., Mushati, N., & Munyati, E. (2020). Perceived family functioning, social support, and drug abuse among adolescents in the suburb of Waterfalls in Harare, Zimbabwe. International Journal of Adolescence and Youth, 25(4), 611-624. Doi: 10.1080/02673843.2020.1793617.

Chitiyo, A. (2013). Hip-hop and heroin: The globalization of injecting drug use and HIV in Zimbabwe. Journal of the International AIDS Society, 16(1), 18539. Doi: 10.1177/1758875021011002

Chitiyo, M., Sibanda, M., & Marufu, N. (2020). Risk and protective factors for substance use among rural and urban adolescents in Zimbabwe. Psychology, 11(1), 147. Doi: 10.4236/psych.2020.111019.

Cronk, L. (2012). Meeting at Grand Central: Understanding the Social and Evolutionary Roots of Cooperation.

Donnermeyer, J. F., Mapfumo, I., Mupenzi, N., & Beekman, M. (2021). Sibling substance use and the transmission of delinquent behavior in Zimbabwe: A rural-urban comparison. International Journal of Criminology and Sociological Theory, 14(2), 40-56. Doi: 10.1007/s12*Education*, *4*(33), 298-308

DuPont, R. L. (2017). The selfish brain: A neuroscience approach to altered states of consciousness. CRC Press

Eng., J., & Alpert, H. R. (2019). Harm reduction strategies for substance use disorders: A comprehensive review. Addiction, 114(12), 2272-2286.

Felson, R. B., Ackerman, J. M., & Gallagher, K. (2013). Substance use and the risk of violence victimization in a community sample of adolescents and young adults. Journal of Interpersonal Violence, Sage Publications.

Forrest, S., McCafferty, J., Watson, M., Cooney, A., & Casey, D. (2019). The development of a substance use measure for Irish primary school children. International Journal of Mental Health and Addiction, 17(3), 502-516. Doi: 10.1007/s11469-018-9919-x.

Fox, A., & Flaherty, M. T. (2017). Recovery community centers: A new vision for recovery support. The Journal of Behavioral Health Services & Research, 44(4), 632-642. Doi: 10.1007/s11414-017-9603-x

Gadaga, J. (2014). The psychology of addiction. New York, NY: Springer.

Gama, H. M., & Hove, A. C. (2015). Alcohol use among adolescents in Harare, Zimbabwe. African Journal for Physical, Health Education, Recreation and Dance, 21(1), 1-12.

Gangam, L., Mpofu, S., & Yavuz, B. A. (2016). Parental support, self-esteem and academic performance among high school students in Masvingo Province, Zimbabwe. International Journal of Developmental and Educational Psychology, 4(1), 45-56. Doi: 10.13106/ijep.2016.vol4.no1.45.

Gibson (2014). Perceptions of Teachers and Students towards Guidance and Counselling Services in Public Secondary Schools. Journal of Health Economics, 12(4), 411-429.

Golstein, A., & Ishaaya, I. (2018). A re-examination of the impact of substance use on academic performance: The mediating role of self-regulation. International Journal of Educational Research, 94, 27-41.

Goredema, M., & Sigauke, T. (2018). Substance use and family disruption: The mediating effect of social conformity among the youth in Harare, Zimbabwe. Children and Youth Services Review, 101, 65-72. Doi: 10.1016/j.childyouth.2018.09.023.

Grant, B. F., Stinson, F. S., & Compton, W. M. (2020). Prevalence and co-occurrence of substance use disorders and independent mood and anxiety disorders: Results from the national epidemiologic survey on alcohol and related conditions-III. Alcoholism: Clinical and Experimental Research, 44(1), 10–17.

Green, A. (2022). The effect of substance use disorder on the self and the process of identity development. International Journal of Mental Health and Addiction, 21(5), 2107-2118.

Green, J. G., McWey, L. M., & Caliber, C. A. (2017). Substance use and child maltreatment: Building a causal model. Drug and Alcohol Dependence, 174, 185-193. Doi: 10.1016/j.drugalcdep.2017.03.011.

Haggar, S., Cooke, D. J., & Owen, R. (2013). Developmentally appropriate drug education in schools: A review of the evidence base. Social Science & Medicine, 97, 73-79.

Hansen, J. (2014). Cost of drug abuse among young people in Zimbabwe. The Herald. Retrieved from https://www.herald.co.zw/cost-of-drug-abuse-among-young-people-in-zimbabwe/

Hansen, W. B. et al. (2016). Preventing substance abuse among youth: A review of the literature. Journal of primary prevention 37(1), 1-23

Hawkins, J. D., Catalano, R. F., & Miller, J. Y. (2017). Risk and Protective factors for adolescents substance use. Journal of Adolescent Health, 61(3), 333-341

Hawkins, J. D., Jenson, J. M. & Catalano, R. F. (2018). Risk and protective factors of drug use among youth. In the Oxford Handbook of Substance Use and Substance Use Disorders. Oxford University Press

Hayes, F., & Preacher, J. (2014). Statistical mediation analysis with a multi-categorical independent variable. British Journal of Mathematical and Statistical Psychology, 67(34), 451-470.

Herrington, J. W. (2017). Adolescent Substance Abuse: A review of the literature. Journal of Adolescent Health 61(3), 351-359

Herz, D. L. (2015). Drug prevention: A review of the literature. Journal of Drug education. 45(2), 143-162.

Hingson, R. W., Kenkel, D., & National Institute on Drug Abuse. (2016). Social, cognitive, and affective neuroscience of substance use and addiction. National Institute on Drug Abuse.

Hodgson, R., Zulu, L., & Andersen, A. (2015). Using local data for local priority setting: A profile of two sub-Saharan African communities. Health Promotion International, 30(3), 614-624.

Hotaling, G. T., & Sugarman, D. B. (2017). Revisiting the relationship between alcohol use and husband-to-wife violence: A review of research from 1980-2015. Addictive Behaviors, 66, 34-42. Doi: 10.1016/j.addbeh.2016.11.021.

Jackson, P. (2011). Drug and substance abuse in Kisumu Town Western Kenya. African Journal of Food Agriculture Nutrition and Development, 9(3), 846-858

Jakaza, T. N., & Nyoni, C. (2018). Emerging dynamics of substance abuse among street children in Zimbabwe. A case of Harare Central Business District. African Journal of Social Work, 8(2), 63-70.

Jansen, R. H., Harrison, S., & Brooks, G. (2019). Socio-demographic factors, social support and substance use among adolescents in Zimbabwe. African Health Sciences, 19(2), 211-219. Doi: 10.4038/ahs.v19i2.9703.

Janulis, P. A., Evans, S. E., Brady, K. T., Schulenberg, J. E., & Martz, M. (2020). The association between cumulative stress exposure and substance use: Are family-based factors protective? Journal of Family Psychology, 34(1), 3-15. Doi: 10.1037/fam0000576.

Johnson, A. A., Antonoff, K. A., Williamson, R. J., Brown, D. S., & McGilloway, S. (2021). Substance use and family functioning in parents with mental illness: An integrative literature review. Clinical Psychology Review, 87, 103321. Chichester, UK

Johnson, L. D. (2013). Drug and the class of 2013. A report on drug use among high school seniors. Institute for Social Research University of Michigan.

Jones, J. (2021). A review of the psychological and financial consequences of addiction. Journal of Substance Abuse Treatment, 114(1), 1-14.

Klevens, J. D., Zhai, Y., Macdonald, B. A., & Alpert, J. E. (2020). The co-occurrence of violence and substance use disorders: A systematic review of findings from 2011 to 2018. Aggression and Violent Behavior, 51, 101207. Doi: 10.1016/j.avb.2019.101207.

Klocke, K. & Schmiege, S. J. (2019). The social learning theory of substance use: A review of theoretical premises and their empirical support. Substance Abuse Treatment, Prevention, and Policy, 14

Kothari, M (2011) Alternative Strategies to Corporal Punishment and Secondary School Students" Discipline. Archives of internal medicine, 158(16), 1789-1795.

Kraemer, E., Lee, K., & Schuster, J. (2022). Intergenerational transmission of substance use disorders. The Journal of Addiction Medicine, 16(5), p. 603-612. DOI: 10.1097/ADM.0000000000002469. I

Kukhanya, K., & Mapfumo, I. (2019). Substance use and0 co-offending among siblings in Harare, Zimbabwe. Journal of Interpersonal Violence, 34(16), 2956-2973. Doi: 10.1177/0886260517741573.

Kury, K., Diefenbach, S., & Nader, K. (2017). Social learning theory and addiction: The dynamics of substance use. The American Journal of Drug and Alcohol Abuse, 43(8), 690-695. Doi: 10.1080/0095

Latkin, C. A. (2015). Community-level interventions to reduce substance abuse. Annual Review of Public Health, 36, 195-208. Doi: 10.1146/annurev-publhealth-032013-182359

Laudenslager, M. T., Pardini, D. A., & Yates, P. M. (2019). Stress, substance use, and age: A meta-analytic review. Addiction, 114(5), 766-783. doi:10.1111/add.14490.

Leventhal, A. M., Korchmaros, J. D., Kiang, J., Wilson, A. F., & Hong, S. (2020). The association between multiple types of stressful life events and substance use in a national sample of young people. Child Development, 91(2), e1555-e1568. doi:10.1111/cdev.13336.

Lipsey, M. W., Dunworth, R., Wilson, S., & Wilson, B. (2013). Substance use disorders and violence: A meta-analytic review. Aggression and Violent Behavior, 18(1), 10-18. doi:10.1016/j.avb.2012.09.004.

MacDonald, F., Headlam A., & Coolican, J. (2014). An Analysis of the Effects of Drug and substance abuse among Secondary School Students. International Journal of Innovative Psychology & Social Development 5(4), 43-48

Madondo, K., & Kalanda, A. T. (2018). Peers' influence on physical activity participation among secondary school learners in Zimbabwe. South African Journal for Research in Sport, Physical Education and Recreation, 40(2), 36-55. Doi: 10.17159/2413-6765/2018/v40n2a4.

Makande, N. A. (2017). The effectiveness of the Zimbabwe Republic Police Criminal Investigation Department in curbing drug abuse among youths in Zimbabwe: a case of Mbare.

Makore, N., & Mapfumo, S. (2019). Peer influence and bullying as predictors of substance use among university students. Social Work and Social Sciences Review, 5(1), 1-12. Doi: 10.5455/swssr.2019.02.00013.

Maluleke, P. H., & Mamabolo, M. M. (2020). Early school leavers: Educational performance of learners and the role of school in Makhuduthamaga. International Journal of Educational Administration and Policy Studies, 12(6), 496-507. Doi: 10.5897/IJEAPS2020.4957.

Manyeruke, C. (2017). Drug abuse and criminal justice in Zimbabwe. Journal of Social Sciences 52(1), 35-48

 Maraire, T., & Chethiyar, S. D. M. (2019). The nexus between violent video game playing and aggression among emerging adults at University of Malaysia. International Journal of Education, 4(33), 298-308.

Marufu, N., & Mpofu, S. (2019). Substance use among secondary school pupils in rural areas of Zimbabwe: Perceptions of teachers and community members. Child Indicators Research, 12(1), 67-88. Doi: 10.1007/s12187-018-9546-y.

Mason, L. R., Fourie, I. J., Watson, B., & Dick, J. (2016). Young people's social networks, life satisfaction and health-related quality of life. Health & Place, 42, 189-197.

Maswera, L., Hove, T., & Mamvura, S. B. (2020). Risky sexual behaviour among young people in tertiary institutions: A case of Harare, Zimbabwe. Journal of Public Health in Africa, 11(1), 4.

Matambo, T., & Mapfumo, A. D. (2017). Knowledge, attitudes and practices towards tuberculosis among adolescents in rural Chivi, Zimbabwe. African Journal of Health Sciences, 29(4), 623-629.

Matanga, M., & Maphosa, G. T. (2018). Family support and perceived school climate as predictors of adolescent substance use. Journal of Social Psychology, 158(3), 344-350. Doi: 10.1080/00224545.2017.1373812.

Mbemba, G., & Ntezurubanza, E. (2019). Socio-environmental risk factors and their correlation to the school dropout: A study in DRC's Kinshasa city. Journal of School Health, 89(9), 671-676. Doi: 10.1111/josh.12650.

McCoy, R., & Freisthler, B. (2019). Substance use disorders and the family: A systematic review of the relationship between parental substance use and child maltreatment. Journal of the American Academy of Child & Adolescent Psychiatry, 58(5), 322-332. Doi: 10.1016/j.jaac.2019.03.010. University of California, Los Angeles.

Meland, M. M., Traeen, B., & Hysing, M. (2020). Parenting practices and children's school performance: A time-lagged longitudinal study of 6,519 Norwegian children. Developmental Psychology, 56(5), 1023-1034. Doi: 10.1037/dev0000712.

Mhiripiri, N. (2018). The role of culture and religion in addressing drug abuse in Zimbabwe. A qualitative inquiry. Journal of Religion and Health 57(5), 2442-2454

Mhizha, S., Nhau, M., & Zvobgo, S. (2020). Social construction of masculinity and alcohol use among adolescent boys in rural Zimbabwe. European Journal of Education, 55(4), 487-500. Doi: 10.1177/1056829219895196.

Moore, R., Choate, S., & Elliott, M. N. (2017). Relations among substance use, violent behavior, and emotional self-regulation among youth. Journal of Clinical Child & Adolescent Psychology, 46(3), 344-353. Doi: 10.1080/15374416.2016.1212591.

Mueller, M. S., Penning, R. M., Subero, B. S., Whitmire, N. A., Deffebach, K. B., & Townsend, R. L. (2022). Longitudinal linkages among substance use, weapon carrying, and violent delinquency in a sample of justice-involved youth. Journal of Developmental & Life-Course Criminology, 8(3), 287-312. Doi: 10.1007/s40865-022-00

Mulvaney, F., Flannery, D. J., & Meyers, W. B. (2016). Child abuse, parental substance abuse, and risk for further child abuse. Journal of Addiction Medicine, 10(3), 151-158. New York

Musarurwa, M. C., & Nyathi, P. (2019). The impact of parental neglect on drug abuse among adolescents in Zimbabwe. African Journal of Criminology and Justice Studies, 13(1), 1-11. Doi: 10.4102/ajcs.v13i1.433.

Mushosho, T. M., Magwali, M., & Rapoo, M. (2019). Relationships between peer factors and substance use among adolescents in Masvingo, Zimbabwe. African Population Studies, 33(1), 89-107. Doi: 10.11564/33-1-1495.

Musyimi, F. N. (2020). Community-based interventions for reducing drug and substance abuse among youths. A qualitative study. Journal of Community Psychology, 48(5), 1051-1062

Mutakati, R. (2013, May 17). Mufakose : Land of the "best." The Herald. Harare. Retrieved from http://www.herald.co.zw/mufakose-land-of-the-best/

Mutambirwa, S. (2019). Substance abuse and addiction in Zimbabwe. A complex problem with no easy answers. Zimbabwe Medical Journal, 105(3) 404

Mutumba, S. D., Muyambi, J. B., Musarandega, D., & Mugari, P. (2017). An exploration of substance abuse and related consequences among adolescents in the city of Harare, Zimbabwe. International Journal of Social Psychiatry, 63(2), 169-178.

Muyambi, P. (2019). Substance abuse among high school learners in Mutare Zimbabwe. A qualitative inquiry. International Journal of Mental Health and Addiction, 17(5) 1339-1348

Muyambi, S., Masanjala, W., Mutumba, S., Dennerlein, B. T., & Chisholm, M. (2017). An examination of substance abuse risk and protective factors among youth in Mbare, Zimbabwe. International Journal of Mental Health and Addiction, 15(5), 1135-1152.

Muzondo, S. T., Mavuma, R., Bezuidenhout, A., & Murefu, T. (2015). The impact of substance abuse on academic performance of students at Chinhoyi University of Technology, Zimbabwe. Journal of Social Science Studies, 3(3), 167-179. Chinhoyi.

Ngoepe, L. A. (2014). The socioeconomic costs of alcohol and drug abuse in South Africa. The American Journal of Drug and Alcohol Abuse, 40(1), 62-68.

Nhapi, T. (2019). Drug Addiction among Youths in Zimbabwe: Social Work Perspective. In *Addiction in South and East Africa* (pp. 241-259). Palgrave Macmillan, Cham.

Nhapi, T., & Mathende, T. (2016). Drug abuse: An out of school adolescent's survival mechanism in the context of a turbulent economic landscape some Zimbabwean.

Nhunzvi, C., & Mavindidze, E. (2016) Occupational Therapy Rehabilitation in a Developing Country: Promoting Best Practice in Mental Health, Zimbabwe.

NIDA. (2018). Drug Facts: Understanding drug abuse and addiction. National Institute on Drug Abuse. Retrieved from https://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction

Nkoma, E. (2014). An exploratory study of alcohol use/abuse among first year students at Great Zimbabwe University. Journal of Education Policy and Entrepreneurial Research. Vol.1 No 4:38-47

Nkosi, C., & Chaaka, M. (2019). The prevalence and prevalence risk of substance abuse among adolescents in Zimbabwe: A systematic review and meta-analysis. Acta Criminologica: Southern African Journal of Criminology, 32(3), 147-163. Doi: 10.15270/32-3-333.

Nyoni, B. N., & Musasa, C. (2019). The influence of social capital on substance use among high school students in Zimbabwe. International Journal of Public Health and Safety, 6(4), 7-21. Doi: 10.5281/zenodo.2549528.

Paida, G., & Padare, M. (2018). Parental attachment, religious and spiritual beliefs and substance use among adolescents in Zimbabwe. International Journal of Children's Spirituality, 23(1), 44-64. Doi: 10.1080/1364436X.2017.1392344.

Peters, R. J., & McMillen, M. T. (2017). Introduction to the addictions (3rd Ed.). Oxford University Press.

Pufall, E. L., Eaton, J. W., Robertson, L., Mushati, P., Nyamukapa, C., & Gregson, S. (2017). Education, substance use and HIV risk among orphaned adolescents in Eastern Zimbabwe. Vulnerable children and youth studies, 12(4), 360-374.

Riggs, V. A., Robbins, M. S., Henderson, V. W., Ray, L. A., Fein, D. A., & Clark, D. B. (2018). Treatment of adolescents with substance use disorders: Current challenges and emerging opportunities. Clinical Psychology: Science and Practice, 25(2), 215-238. Doi: 10.1111/cpsp.12248

Rosenthal, A. L., & Roberts, D. F. (2016). Child and family wellbeing when a parent has a substance use disorder. Family Process, 55(2), 236-249. Doi: 10.1111/famp.12194, University of Michigan.

Rwafa, C., Mangezi, W. O., & Madhombiro, M. (2019). Substance Use Among Patients Admitted to Psychiatric Units in Harare, Zimbabwe.

Saldana, K. (2011). Influence of principals" characteristics on students" discipline in public secondary schools in Kakamega Central, Kakamega County, Kenya. Journal of Drug Education 32: 107- 19.

Salkind, W. (2009). Relationship between head teachers' management styles and level of students' discipline in public secondary schools. Journal of the American Medical Association. 289: 427-33

Scales, P. C., Benson, P. L., Oesterle, S., Hill, K. G., David, J., Pashak, T. J., David, J. (2015). The dimensions of successful young adult development : A conceptual and measurement framework. Applied Developmental Science, 8691(December). https://doi.org/10.1080/10888691.2015.1082429

Schafer, T., Zimunya, M. S., Ringheim, K., Mapfumo, T. M., Arendt, C. D., & Struthers, H. K. (2020). Prevalence of adverse childhood experiences and their association with alcohol use among female sex workers in Zimbabwe. International Journal of Drug Policy, 80, 102656. Doi: 10.1016/j.drugpo.2019.102656.

Schmidt, S., Auwarter, V., Kern, A., Reimer, A., Nauer, M., Gerhardt, A., & Kopp, M. (2022). The importance of social networks for the long-term success of drug addicts in maintaining their recovery: A systematic literature review. International Journal of Environmental Research and Public Health, 19(8), 4595. https://doi.org/10.3390/ijerph19084595

Schoppe-Sullivan, S. E., Bos, N. M., & Mangelsdorf, S. C. (2014). Family processes and the development of children's externalizing problems: A systematic review. Journal of Family Psychology, 28(2), 180-194. Doi: 10.1037/a0035467.

Schulenberg, J. E., Maggs, J. L., & Catalano, R. F. (2018). Social norms and health risk behaviors in adolescence: Origins, consequences, and implications for prevention. Journal of Clinical Child and Adolescent Psychology, 47(1), 1-10.

Sekoni, M., & Ncube, D. (2019). Peer pressure and resilience in substance use among male secondary school pupils: Perspectives of teachers and community members in Bulawayo. Current Psychology, 38(2), 1040-1053. Doi: 10.1007/s12144-018-9879-4.

Seth, S., Nesmith, A. M., Kross, E., Winer, A. L., Berghuis, B. S., Zullig, K. J., & Strul, E. (2021). Examining the relationship between stress and substance use in adolescents: A systematic review. Journal of Adolescent Health, 68(4), 488-493. doi:10.1016/j.jadohealth.2021.05.015.

Sethna, N., Broome, M. R., Simons, R. L., Compton, M. T., & Brady, K. T. (2014). The relationship between stress and substance use during adolescence: A systematic review and meta-analysis. Journal of Adolescent Health, 55(4), 403-409. doi:10.1016/j.jadohealth.2014.01.039

Shaffer, H. J. (2012). Addiction: A disorder of Choice. Havard University Press

Smith, J. (2022). Social consequences of addiction: Isolation, family conflict, and estrangement. Journal of Social Psychology, 72(4), 928-939. Doi: 10.1080/00224545.2022.2102419.

Smith, L. A., Nelson, T. F., Huang, B., Vaughn, M. G., & Huang, W. T. (2019). Community-level interventions to prevent prescription drug misuse: A systematic review. American Journal of Public Health, 109(2), 296-304. doi:10.2105/AJPH.2018.304358

Smith, M. (2022). Addiction and character: A qualitative study on the impact of substance use on personality. International Journal of Addiction and Related Disorders, 8(2), 123-135.

Substance Abuse and Mental Health Services Administration (SAMHSA). (2020). Substance Use Disorders. Retrieved on 17 May 2024.

Substance Abuse and Mental Health Services Administration. (2022, September). Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health. Retrieved January 15, 2024, from https://www.samhsa.gov/data/report/national-survey-drug-use-and-health-nsduh.

Sun, Q., Qiu, Y., & Liu, F. (2019). Community-based mental health interventions in low- and middle-income countries: A systematic review. BMC Psychiatry, 19(1), 1-22. https://doi.org/10.1186/s12888-019-2178-y

The Herald. (2024). Collective fight required to root out drug menace in Zimbabwe. www.herald.co.zw

UNICEF, (2023). Understanding drug use and substance abuse by Zimbabwean adolescents and young people. Research Brief

United Nations Office on Drugs and Crime (UNODC). (2020). World Drug Report 2020. New York: United Nations.

United Nations Office on Drug and Crime, (UNODC). (2015). World Drug Report 2015. [Retrieved on 12 November 2023]

United Nations Office on Drugs and Crime. (2015). World Drug Report 2015. [Retrieved from on 10 September 2023]

National Narcotics Control Commission. (2015). Drug Abuse among Youth in China. [Accessed on 10 September 2023]

Mwamhungu, E. (2017). Drug Abuse among Secondary School Students in Tanzania: A Case Study of Kahama District. Journal of Education and Human Development, 6(1), 1-8. doi: 10.11648/j.jehd.20170601.11

Arnett, J. J. (2014). Emerging Adulthood: The Winding Road from the Late Teens to the Twenties. Oxford University Press.

Flay, B. R. (2018). The Theory of Triadic Influence: A New Theory of Health Behavior with Implications for Substance Abuse Prevention. In R. J. DiClemente, M. C. Kegler, & R. A. Crosby (Eds.), Emerging Theories in Health Promotion Practice and Research (pp. 233-254). Jossey-Bass.

Kaplan, H. B. (2016). Self-Esteem and Deviant Behavior. Routledge.

Valdez, R. R., Lewis, E. T., Harrell, A., Farro, K., & Henderson, C. E. (2022). A community-based, multicomponent intervention for substance use prevention with rural Hispanic youth: design and methods of the JUNTOS trial. Drug and Alcohol Dependence, 221, 108568.

Vaughn, M. G., Salas-Wright, C. P., Maynard, B. P., Totten, A., & King, D. (2018). Drug use, drug offending, and violence among male urban youth: A longitudinal examination of the developmental intertwining of problematic behaviors. Journal of Drug Issues, 48(2), 300-322. Doi: 10.1177/0022042618761396.

Volkow, N. D. (2018). The scope of substance abuses in the United States. American Psychologist, 73(3), 216-221. DOI: 10.1037/amp0000342. Washington D. C

Volkow, N. D., & Koob, G. F. (2016). Addiction science: uncovering neurobiological complexity. Trends in Neurosciences, 39(9), 577-586. Doi: 10.1016/j.tins.2016.06.008

Wade, T. F. (2019). Health and wellbeing of adolescents in low and middle-income countries: A focus on physical activity, violence, substance abuse, and youth friendly health services. Adolescent Health, Medicine and Therapeutics, 10(3), 75-84.

Watson, S., Ho, S. C., De Pinho, D., Linsley, R., Nyonator, F., Moraes, C. R., & Zwi, A. B. (2020). Outreach programs for substance use and mental health: A systematic review. The American Journal of Drug and Alcohol Abuse, 46(3), 357-368. https://doi.org/10.1080/00952990.2019.1665381

WHO (2018). "Global status report on alcohol and health 2018", World Health Organization.

Wilson, A. F., Daniels, S. R., Ruggiero, K. J., & Doyle, A. E. (2018). Examining the impact of stress on substance use in children and adolescents: A literature review. Frontiers in Psychiatry, 9, 641. doi:10.3389/fpsyt.2018.00641.

World Health Organisation. (2013). https://www.afro.who.int/news/zimbabwe-holds-stakeholdersworkshop- treatment-substance-abuse.

Yin, R.K. (2018). Case study research: Design and methods (6th Ed.). Sage Publications

Zedler, M. C., & Foran, H. M. (2018). Intimate partner aggression and substance use disorders in a college sample. Addictive Behaviors, 84, 129-136. Doi: 10.1016/j.addbeh.2017.12.021.

Zohrabi F, (2013). Effectiveness of alternative disciplinary strategies used in public secondary schools in Kenya. Journal of Research on Adolescence, 4(2), 295-317.

Appendix 1 QUESTIONNAIRES FOR ADOLESCENTS AND YOUTHS

Dear Respondent

I am Faith Karidza Undergraduate student in the Department of Sustainable Development at Bindura University of Science Education. This questionnaire is designed to collect information on drug and substance abuse effects on youths. The findings of this research will be used to develop recommendations for combating the implications of drug abuse on youths and the nation at large. This information you provide will be kept confidential, and you will not be asked to include your name on the questionnaire. Your responses will be solely for research purposes, and your anonymity will be protected. I ask that you take the time to complete the questionnaire, as your input is valuable. Thank you for your participation.

Section A

Demographic details (tick appropriately)

1. Please indicate your age

AGE	TICK
1. 12-15 years	
2. 16-19 years	
3. 20-24 years	

2. State gender

Male	
Female	

SECTION B

TYPES OF DRUGS ABUSED AND THEIR EFFECTS ON YOUTHS

3. Which type of drugs or substances to you take and how frequent. (Please tick appropriately).

	TYPES OF DRUG	Very frequent	Frequent	Fairly frequent	Not used
1.	Alcohol (beer)				
2.	Stimulants				
3.	Opium				
4.	Heroin				
5.	Cannabis (mbanje)				
6.	Glue				
7.	Crystal-meth (mutoriro)				
8.	Cocaine				
9.	Hallucinogens				

4. Do you agree that these effects are experienced as a result of drug and substance abuse? (Please tick appropriately)

	EFFECTS	Agree	Disagree
1.	Addiction (psychosis, depression, anxiety, etc.)		
2.	Loss of family ties and relationships		
3.	Crime and violence		
4.	School dropout		

5.	Risky sexual behaviours		
6.	Lost productivity		

5. Explain more if you have encountered the above effects as a result of drug and substance abuse?

………………………………………………………………………………………

………………………………………………………………………………………

SECTION C.

FACTORS INFLUENCING DRUG AND SUBSTANCE ABUSE AMONG YOUTHS.

1. Indicate the extent to which the factors listed below influence drug and substance abuse (Tick the appropriate column)

	FACTOR	Very influential	Influential	Moderately influential	Not influential
1	Peer pressure				
2	Family				
3	The school environment				
4	The living environment				
5	Stress				

2. Explain more on how this factors influenced you to start using drugs?

....

SECTION D.

WHAT STRATEGIES OR INTERVENTIONS SHOULD BE PUT IN PLACE TO FIGHT AGAINST DRUG AND SUBSTANCE ABUSE AMONG YOUTHS?

1. What measure can be taken by schools to address the issue of drug and substance abuse?

75

……………………………………………………………………………………………………

……………………………………………………………………………………………………

2. What should be done by community members and stakeholders in order to fight against drug and substance abuse in your community?

………………………………………………………………………………………………........

....

....…

……………………………………………………………………………………………………..

3. Do you think they are any specific programs that are effective in reducing drug and substance abuse among youths?

…………………………………………………………………………………………………

…………………………………………………………………………………………………

…………………………………………………………………………………………………

……………………………………………………………………………………........................

4. What role can the government play in the fight against drug and substance abuse in your community?

……………………………………………………………………………………………………

……………………………………………………………………………………………………

……………………………………………………………………………………………………

……………………………………………………………………………………………………

5. What recommendations can you give to minimize drug and substance abuse in the community?

……………………………………………………………………………………………………

……………………………………………………………………………………………………

……………………………………………………………………………………………………

6. How important are rehabilitation centers in fighting against addiction in this community?

…………………………………………………………………………………………………

…………………………………………………………………………………………………

Thank you for your cooperation.

Appendix 2 FOCUS GROUP DISCUSSION GUIDE FOR PARENTS

Dear Respondent

I am Faith Karidza Undergraduate student in the Department of Sustainable Development at Bindura University of Science Education. This questionnaire is designed to collect information on drug and substance abuse effects on youths. The findings of this research will be used to develop recommendations for combating the implications of drug abuse on youths and the nation at large. This information you provide will be kept confidential, and you will not be asked to include your name on the questionnaire. Your responses will be solely for research purposes, and your anonymity will be protected. I ask that you take the time to complete the questionnaire, as your input is valuable. Thank you for your participation.

QUESTIONS

1. What types of drugs are being abused by your children?
2. Drug and substance abuse affects family relationships. How do you think drug and substance abuse affect the relationships between parents and their children?
3. When young people take drugs they become addicted. Can you tell your experiences with your children, how they got addicted, symptoms and how it grows?
4. When young people take drugs or substances for a long time they become addicted. What do you know about the risks of drug addiction?
5. Does your children engage in criminal activities or violence after they take these drugs and substances? What exactly?

6. When school going children starts to take drugs they tend to reduce their attendance to school and eventually drops. Does your children experience the same?

7. Youths are always loitering in the streets, doing nothing. Is it because they have nothing to do or they are no longer productive due to excessive consumption of drugs?

8. Are children being involved in dangerous activities after they have taken these drugs?

9. They are many factor that influence drug abuse among young people. What is leading children into drug and substance abuse, is it peer pressure, the environment they are living, stress or the schools environment.

10. What do you think is the best way to prevent drug and substance abuse among these youths?

11. Do you think the community and government should do to address the issues of drug and substance abuse among youths?

12. What role can schools and community play in curbing drug and substance abuse among youths?

Thank you for participating.

Appendix 3 POLICE INTERVIEW GUIDE

My name is Faith Karidza I am a student researcher from Bindura University of Science Education conducting a study on the impact of drug and substance abuse on youths in the Mufakose community. My research aims to better understand the impacts of drug and substance abuse and to develop recommendations for prevention and intervention programs. I am interested in hearing your perspective as a police officer, given your first-hand experience with this issue. Would you be willing to share your thoughts and experiences with me? The information you will provide will be kept confidential and will not be shared with anyone outside the research team, it will be kept anonymzed and stored securely.

Signature.

Interviewee   Witness   Date

....

QUESTIONS.

1. What are the most common drugs being used in the community?

2. They are many factors that influence youths to start using drugs, among others are stress, peer pressure, family set up, the environment in which people live and the school environment. How these factors does drives young peoples into drugs?

3. What are the most common consequences of drug abuse that you've seen?

4. Most youths who abuse drugs and substances are addicted to these drug. What can you say about addiction as an effect of drug and substance abuse?

5. Do you see a link between drug abuse and other crimes, such as theft or violence?

6. What should be done to end drug and substance abuse in communities?

7. What additional programs or resources would you recommend for addressing this issue?

8. What should the community and civic society do to address the effects of drug and substance abuse?

9. Institutions like schools are helpful in educating youths about the effects of drug and substance abuse. What exactly should be done by these institutions to reduce the effects of drug and substance abuse on youths?

10. The government has been working on addressing this issue, what recommendations would you give that should be done by the government to reduce the effects of drug and substance abuse?

Thank you for your participation.

Appendix 4 HEALTH FACILITATOR INTERVIEW GUIDE

My name is Faith Karidza I am a student researcher from the Bindura University of Science Education conducting a study on the impact of drug and substance abuse on youths in the Mufakose

community. My research aims to better understand the impacts of drug and substance abuse and to develop recommendations for prevention and intervention programs. I am interested in hearing your perspective as a health facilitator, given your first-hand experience with this issue. Would you be willing to share your thoughts and experiences with me? The information you will provide will be kept confidential and will not be shared with anyone outside the research team, it will be kept anonymized and stored securely.

Signature.

Interviewee   Witness   Date

....

QUESTIONS.

1. What are the most common drugs being used in the community?

2. What specific health issues are you seeing among youth who are abusing drugs?

3. They are many factors that influence youths to start using drugs, among others are stress, peer pressure, family set up, the environment in which people live and the school environment. How these factors does drives young peoples into drugs?

4. What are the most common consequences of drug abuse that you've seen?

5. Do you see a link between drug abuse and other crimes, such as theft or violence?

6. What should be done to end drug and substance abuse in communities?

7. What additional programs or resources would you recommend for addressing this issue?

8. The government has been working on addressing this issue, what recommendations would you give that should be done by the government to reduce the effects of drug and substance abuse?

9. Rehabilitation facilities, counseling and other psycho-social support are important in treating addiction. What do you suggest the government should do so that these facilities are affordable to everyone?

9. Is there anything more you would like to add?

Thank you for your participation.

Appendix 5 FOCUS GROUP DISCUSSIONS GUIDE FOR YOUTHS

Hello everyone, my name is Faith Karidza and I am a researcher from Bindura University of Science Education conducting a study on the effects of drug and substance abuse among youth.

Thank you for agreeing to participate in this discussion. This is a safe space for everyone to share their thoughts and experiences, and we appreciate your honesty and openness. Please know that your answers will be kept confidential, and we will not be disclosing your name or any identifying information. The purpose of this focus group is to learn about your experiences and perspectives on drug abuse among youth. We want to hear your honest thoughts and opinions, so please feel free to speak openly. We ask that everyone in the group respect each other and listen without judgment. We also ask that you keep the information shared in this group confidential. Thank you for your cooperation and your time.

QUESTIONS.

1. I understand that all of you are involved in drug and substance abuse. What types of drugs do you take?

2. What are some of the short-term and long-term effects of drug abuse?

3. What lead you to decide that you want to take drugs, is it peer pressure, stress, what exactly motivates you to take drugs?

4. Some take drugs because they are readily available in the market, on next doors and in schools. Did anyone take drugs because they were easily accessible to them?

5. How does drug abuse affect the relationship of youths with their family? Are your parents happy that you take drugs and are they close to you?

6. Drug abuse lead to addiction. What do you think are the risks of addiction?

7. After taking drugs some may knock or they act irresponsibly, do you think drug cause people to engage in sexual behaviors?

8. Both boys and girls engage in sexual activities as a result of drug and substance abuse. Can you share your experiences?

9. Do we have people who lost their job because they were no longer productive due to drug abuse?

10. Does drug and substance abuse causes violence and crime? If so how, and do we have people who have experienced this before?

11. What can be done at the community level to prevent drug and substance abuse?

12. Is there anyone who dropped out of school or whose academics have been affected as a result of drug and substance abuse? If yes, can you explain what happened for you to say I no longer want to go to school?

13. What can be done to raise awareness about the effects of drug abuse among youth?

14. What do you think is the best way to prevent drug and substance abuse among these youths?

15. Do you think the community and government are doing enough to address the issues of drug and substance abuse among youths? If not what should be done?

16. What role do you think the schools and community should play in curbing drug and substance abuse?

Thank you for your participation.