

**BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SOCIAL SCIENCES AND HUMANITIES
DEPARTMENT OF SOCIAL WORK**



**THE DIASPORA EFFECT TOWARDS TEENAGERS SUFFERING FROM DRUG
AND SUBSTANCE ABUSE. A CASE STUDY OF MANDIPA HOPE
REHABILITATION CENTRE.**

BY

Winefilda KC Mabvuva

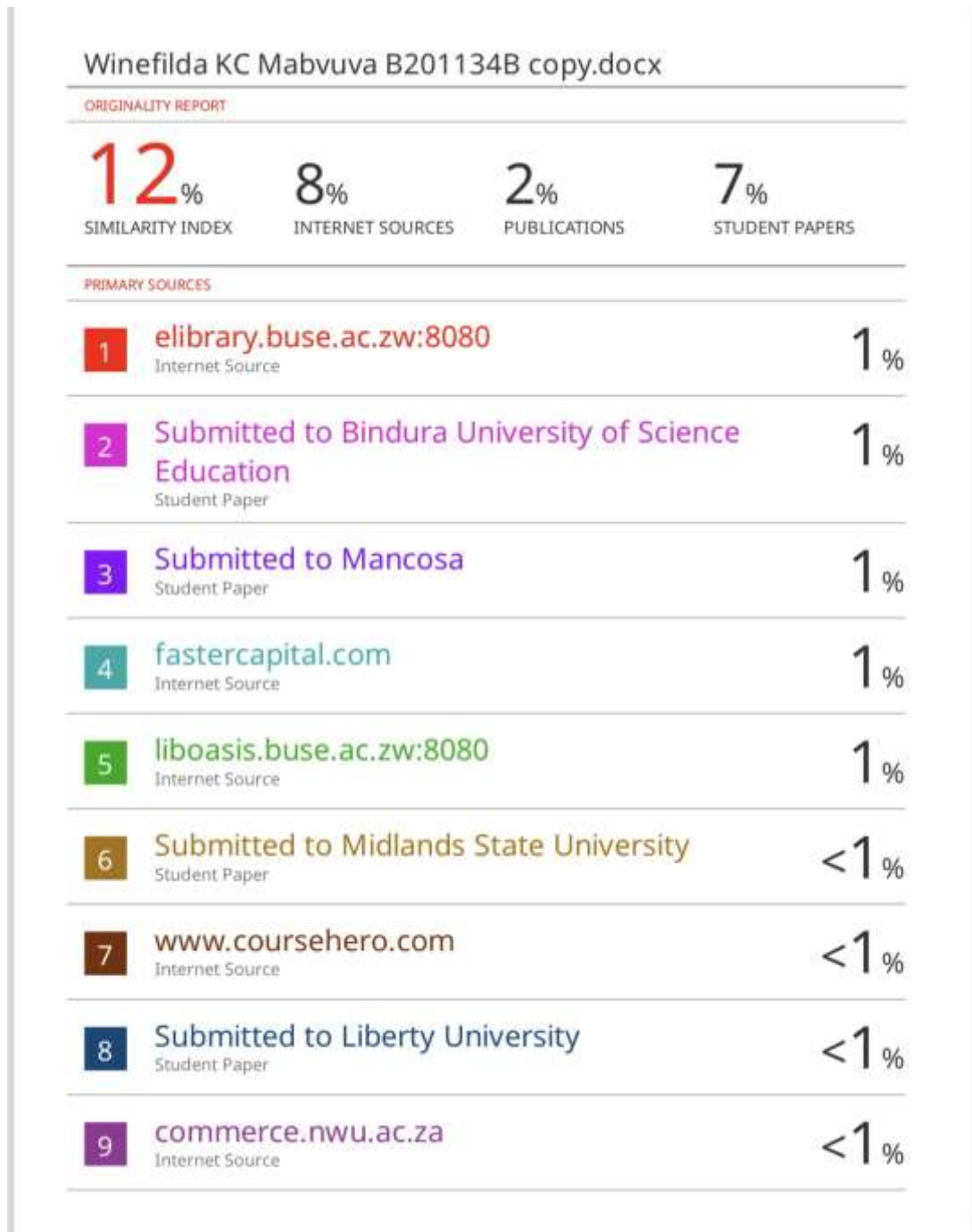
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**A dissertation report submitted to the Department of Social Work, Bindura University
of Science Education in partial fulfilment of the requirements for the Bachelor of Social
Work Honours degree**

**A RESEARCH PROJECT SUBMITTED IN PARTIAL FULFILMENT OF THE
REQUIREMENTS OF THE BACHELOR OF SCIENCE HONOURS DEGREE IN
SOCIAL WORK**

June 2024

TURN IT IN ORIGINALITY REPORT



APPROVAL FORM

Supervisor

I certify that I have supervised Winefilda Kudzaishe Clare Mabvuva for this research.

Titled **THE DIASPORA EFFECT TOWARDS TEENAGERS SUFFERING FROM DRUG AND SUBSTANCE ABUSE. A CASE STUDY OF MANDIPA HOPE REHABILITATION CENTRE** in fulfillment of the requirements for the Bachelor of Social Work Honors Degree and recommend proceeds for examination.

Supervisor's Name DR. MANKWIRE Signature P. Mankwire Date 13/06/2024

Chairperson of Department Board of Examiners

The Departmental Board of Examiners is satisfied that this dissertation report meets the examination requirements and I therefore recommend to the Bindura University to accept a research project by Winefilda Kudzaishe Clare Mabvuva titled **THE DIASPORA EFFECT TOWARDS TEENAGERS SUFFERING FROM DRUG AND SUBSTANCE ABUSE. A CASE STUDY OF MANDIPA Hope Rehabilitation Centre** in partial fulfillment of the requirements for the Bachelor of Social Work Honors Degree

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Student Name Winefilda KC Mabvuva Date 14 June 2024

Permanent address

House number 10 Hopely Avenue Greendale Harare.

DEDICATION

I dedicate this work to my late mother, Nunurai F Chadehumbe her memories have been my motivation to my academic success , and my father Edwin Mabvuva for his unwavering financial and emotional support and for believing in me and making my academic journey a success.

APPROVAL FORM

Supervisor

I certify that I have supervised Winefilda KC Mabvuva for this research titled THE
DIASPORA EFFECT TOWARDS TEENAGERS SUFFERING FROM DRUG AND
SUBSTANCE ABUSE. A CASE STUDY OF MANDIPA HOPE REHABILITATION CENTRE
in partial fulfillment for the requirements for the Bachelor of Science Honours in Social
Work Degree and recommend that it proceeds for examination.

Supervisor

Name DR. MANGWIRO Signature [Signature] Date 02/10/24

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Bachelor of Science Honours Degree in Social Work.

Chairperson

Name P. J. NJOM Signature [Signature] Date 02/10/2024

Student

Name Winefilda KC Mabvuva Signature [Signature] Date 02/10/24

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ABSTRACT

This qualitative research study investigated the impact of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare, Zimbabwe. The study's objectives were to: examine the influence of the diaspora effect; explore the socio-cultural factors associated with it; and identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues. The significance of this research lies in the need to better understand and address the unique challenges faced by teenagers in diaspora communities who are grappling with substance abuse. In-depth interviews and focus group discussions were conducted with teenagers receiving rehabilitation services, to gather comprehensive insights into their experiences. The study found that the diaspora effect significantly contributed to increased substance abuse among teenagers, with social isolation, lack of parental supervision, and the normalization of substance use within the diaspora community as key contributing factors. The research highlighted the critical importance of strengthening family support systems and community-based interventions to address these challenges. Significant conclusions drawn from the study include the need for targeted, community-based interventions that foster family cohesion; enhancing support networks within the diaspora community; and promote culturally-sensitive rehabilitation and aftercare services. Recommendations from the study include the development of family-based counseling programs, the implementation of community-led support groups, and increased government investment in comprehensive substance abuse prevention and treatment services tailored to the needs of teenagers in Harare's diaspora communities. The findings of this study provide valuable insights for policymakers, social service providers, and the broader research community in addressing the complex issue of substance abuse among teenagers in Harare and other diaspora contexts.

ACRONYMS AND ABBREVIATIONS

| | |
|-------------|---|
| GAD | Generalized Anxiety Disorder |
| PTSD | Post Traumatic Stress Disorder |
| MDD | Major Depression Disorder |
| PDD | Persistent Depression Disorder |
| MHRC | Mandipa Hope Rehabilitation Centre |
| UK | United Kingdom |
| USA | United States of America |
| SA | South Africa |

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CHAPTER 1:

INTRODUCTION AND BACKGROUND OF STUDY

1.1 BACKGROUND GROUND OF THE STUDY:

The issue of economic instability and its impact on emigration has been a persistent challenge on a global scale, particularly in developing nations. Since 2000, migration from crisis-ridden Zimbabwe has led to almost one million people leaving the country. The majority migrate to neighbouring South Africa and Botswana, but most of the research on the Zimbabwean diaspora to date has focused on South Africa and the UK (King and Christou, 2010).

Countries around the world have grappled with the consequences of internal factors, such as mismanagement of resources, corruption, and flawed economic policies, as well as external forces, including volatile global markets, fluctuations in commodity prices, and international sanctions. According to Matafiromba (2013) this global phenomenon has resulted in widespread economic hardships and limited opportunities, driving significant population movements as people seek better lives and livelihoods elsewhere therefore leading to the diaspora effect. According to Lowell and Gerova (2004) Zimbabwe, situated in the heart of Southern Africa, has a rich historical and societal context that has profoundly influenced its economic trajectory and the emigration patterns of its citizens. Internally, the country has faced a combination of factors that have contributed to its economic instability, including the mismanagement of resources, endemic corruption, and the implementation of flawed economic policies. These internal challenges have been exacerbated by external forces, such as the volatility of global commodity prices and the imposition of international sanctions, further exacerbating the economic woes experienced by the Zimbabwean people Mazondidya (2011).

The economic challenges and emigration patterns observed in Zimbabwe are not unique to the country, but rather reflect a broader regional trend within Southern Africa. Countries in this region have grappled with similar issues, as they navigate the complexities of the global economy and strive to achieve sustainable economic development. Understanding the regional dynamics and how they have shaped Zimbabwe's experiences can provide valuable insights into the shared challenges faced by nations in this part of the continent. The choice of this research topic is driven by the profound impact that Zimbabwe's economic challenges and the resulting emigration have had on the country and its citizens.

The concept of the "diaspora effect," which refers to the multifaceted influence that emigration and the resulting diaspora have on the home country, is particularly intriguing (Mc Duff , 2015). Exploring how the absence of family members abroad has affected the social, cultural, and psychological dimensions within Zimbabwe, particularly in the context of teenage drug and substance abuse, could shed light on the complex consequences of this phenomenon. As a researcher, I am deeply interested in understanding the intricate interplay between economic factors, population movements, and their impact on societal well-being. According to Mazondidya (2011) the case of Zimbabwe presents a compelling opportunity to delve into these dynamics and explore the nuanced ways in which economic challenges and emigration have reshaped the country's social landscape. Furthermore, the potential impact on vulnerable populations, such as teenagers struggling with drug and substance abuse, adds a layer of urgency and relevance to this study.

Investigating the diaspora effect and its implications for Zimbabwe's societal well-being is a worthy endeavor for several reasons. Firstly, it contributes to the broader understanding of the complex relationship between economic conditions, migration patterns, and their consequences on the home country. Secondly, the findings of this research could inform policy decisions and

interventions aimed at mitigating the adverse effects of emigration, particularly in the context of vulnerable populations. Finally, this study has the potential to provide insights that may be applicable to other countries facing similar challenges, fostering a more comprehensive understanding of the global dynamics shaping the experiences of nations and their citizens.

1.2 STATEMENT OF PROBLEM

Substance abuse among teenagers is a significant public health concern globally, with detrimental effects on individual well-being, families and communities. Harare, the capital city of Zimbabwe, is no exception to this problem. Various factors such as peer pressure and societal influences result in substance abuse. However, the major additional factor that contributes to the prevalence and severity of substance abuse among teenagers in Harare is the diaspora effect. According to Chirwa-Mugabe and Mutekwe (2018) substance use disorders have become a result of parental migration hence lack of proper socialization for adolescents. The diaspora effect refers to the influence of the family members or close relatives who have migrated to foreign countries and its potential impact on the behaviour and choices of teenagers left behind. Harare has experienced substantial emigration, with many individuals seeking better economic opportunities and stability abroad. Zindi et al (2019) examine factors associated with the diaspora effect, such as family separation, cultural dislocation, and the transmission of values and behaviours. Consequently, a significant number of families in Zimbabwe are affected by migration, leading to unique challenges for the teenagers who remain thus making them vulnerable to substance abuse.

To address this problem, a comprehensive review of relevant scholarly literature will be conducted to establish a theoretical framework for understanding the diaspora effect on substance abuse among Harare teenagers.

1.3 AIM:

The main aim of this study is to explore the diaspora effect towards teenagers suffering from drug and substance abuse.

1.3.1 OBJECTIVES

- To examine the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare.
- To investigate the socio-cultural factors associated with the diaspora effect and their impact on substance abuse behaviours among teenagers in Harare.
- To identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare.
- To develop recommendations for targeted prevention and intervention strategies that take into account the unique challenges faced by teenagers in Harare affected by the diaspora effect and their substance abuse issues.

1.3.2 RESEARCH QUESTIONS

The research is guided by the following questions:

- What is the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare?
- What are the socio-cultural factors associated with the diaspora effect and their impact on substance abuse behaviours among teenagers in Harare?
- What is the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare?

- What are the recommendations developed for targeted prevention and intervention strategies that take into account the unique challenges faced by teenagers in Harare affected by the diaspora effect and their substance abuse issues?

1.4 ASSUMPTIONS

The research is based on the assumption that the diaspora effect has a significant influence on teenagers' drug and substance abuse in Zimbabwe. This assumption suggests that there are specific factors related to the diaspora, such as cultural, economic, or social dynamic, that contribute to the drug and substance abuse issues among teenagers. It is also assumed that the diaspora connections, networks, and potential involvement in drug trafficking or access to drugs play a role in the availability and accessibility of drugs for teenagers in Zimbabwe. This assumption suggests that the diasporas experiences and practices related to drug and substance abuse influence the behaviour and choices of teenagers in Zimbabwe. Lastly this research is based on the assumption of willingness to participate in the research study and share their experiences. This assumption suggests that the participants will be open and receptive to discussing their personal struggles, treatment journeys and the potential influence of the diaspora effect.

1.5 SIGNIFICANCE OF STUDY

The significance of studying the diaspora effect towards teenagers in Harare suffering from substance abuse can be shown firstly by filling a research gap. There is currently limited research on the diaspora's impact on teenagers' substance abuse in Harare. Investigating this topic contributes to filling this research gap and expand understanding of the complex dynamics involved. Secondly, by informing prevention and intervention strategies, and examining the diaspora effect, this study can provide insights into the specific factors that

contribute to substance abuse among teenagers in Harare. This knowledge can inform the development of targeted prevention and intervention strategies that address the unique challenges faced by this population. Thirdly, enhancing cultural understanding: Substance abuse among teenagers in Harare may be influenced by cultural factors, including the impact of the diaspora. Exploring this topic increases understanding of how diaspora communities and their cultural norms affect substance abuse patterns, helping to bridge the cultural divide and promote culturally-sensitive approaches to prevention and treatment. The other significance is that it sheds light on the social determinants of substance abuse through understanding how the diaspora influences substance abuse among teenagers in Harare can provide insights into the social determinants underlying this issue. Factors such as socioeconomic disparities, access to resources, and social networks can play a significant role, and this research can help identify and address these determinants. Lastly it enhances youth well-being and community development: Substance abuse has detrimental effects on teenagers' well-being and can hinder community development. By studying the diaspora effect, this research contributes to developing strategies that promote healthier lifestyles, support affected individuals, and enhance overall community well-being. Overall, investigating the diaspora effect on teenagers suffering from substance abuse in Harare holds significant importance in terms of furthering knowledge, informing interventions, promoting cultural understanding, addressing social determinants, and enhancing youth well-being and community development.

1.6. Delimitations of the study

The study is delimited to teenagers receiving rehabilitation services at the Mandipa Hope Rehabilitation Centre in Harare, Zimbabwe. This geographic and institutional delimitation is justified as it allows the researcher to focus on a specific population of interest - those affected by the diaspora effect and seeking rehabilitation for drug and substance abuse. The study is

further delimited to teenagers between the ages of 13 and 19 with diaspora connections only. This age range delimitation is justified as it allows the researcher to focus on the unique developmental and psychosocial challenges faced by this specific segment of the adolescent population.

The study is delimited to teenagers whose parents have specifically left for the diaspora, rather than including those with other forms of parental absence or family disruption. This delimitation is justified to ensure a clear and consistent focus on the specific phenomenon of the diaspora effect and its impact on teenage drug and substance abuse. The study is delimited to specific types of drug abuse that the patient participants were taking, rather than examining a broader spectrum of substance abuse issues. This delimitation is justified to ensure the feasibility and manageability of the research project, as well as to provide a more focused examination of the problem.

The study is delimited to the use of interviews and focus groups as the primary data collection methods, rather than employing a broader range of techniques. This delimitation is justified to ensure the depth and richness of the qualitative data, as well as to align with the study's focus on exploring the lived experiences and perspectives of the target population. The researcher has clearly justified these delimitations in the context of the study's aims and objectives, as well as the practical considerations of conducting the research. However, the researcher also acknowledges the potential limitations of these delimitations, such as the impact on the generalizability and comprehensiveness of the study's findings.

It is important to note that the study is not exclusively focused on teenagers with diaspora connections, as the information provided indicates that the Mandipa Hope Rehabilitation Centre serves a broader population of teenagers struggling with drug and substance abuse. The researcher's focus on the diaspora effect is a specific aspect of the study, rather than the sole focus.

1.7. Limitations of the study

One of the key limitations of the study was the time constraints, which restricted the depth and breadth of the data collection and analysis. To address this, the researcher allocated more time for the research project. This involved extending the overall timeline of the study or dedicating additional resources to data collection and analysis. By expanding the research period, the researcher was able to gather more comprehensive data, allowing for a more thorough exploration of the diaspora effect and its impact on teenage drug and substance abuse in Zimbabwe.

The subjective nature of qualitative research introduced the potential for researcher bias in the interpretation of the data. To mitigate this limitation, the researcher employed several strategies. Firstly, they involved multiple researchers or a team approach to the data analysis process. By having multiple perspectives and interpretations, the researcher can reduce the influence of individual bias and gain a more well-rounded understanding of the phenomena. Additionally, the researcher utilized triangulation of methods, combining qualitative and quantitative data, to provide a more comprehensive and balanced view of the research problem. The study could have been limited by a small sample size, which can reduce the statistical power and the generalizability of the findings. To address this, the researcher expanded the sample size of the study. This may involve recruiting a larger number of participants or employing more inclusive sampling techniques to ensure the sample is representative of the target population. By increasing the sample size, the researcher possibly enhanced the statistical power of the study and improve the ability to generalize the findings to a broader context.

The study was limited by the lack of a control group of teenagers without parental migration experiences for comparison. To address this, the researcher incorporated a control group into the research design. This enabled the researcher to differentiate the effects of parental migration

from other potential confounding factors, strengthening the internal validity of the study. By including a control group, the researcher can draw more robust conclusions about the specific impact of the diaspora effect on teenage drug and substance abuse.

The study's reliance on self-reported data from respondents was subject to bias, as participants' responses can be influenced by various factors, such as social desirability or memory lapses. To address this limitation, the researcher incorporated additional data sources to validate the self-reported information. This included accessing medical records, behavioural observations, or other objective measures to corroborate the findings. Additionally, the researcher employed strategies to encourage candid and honest responses from participants, such as ensuring confidentiality and anonymity, to minimize the impact of response bias.

By addressing these limitations, the researcher enhanced the rigor, validity, and generalizability of the study, ultimately providing a more comprehensive understanding of the diaspora effect and its implications for teenage drug and substance abuse in Zimbabwe.

1.8. DEFINITION OF KEY TERMS:

Diaspora Effect:

The influence or impact of migration and displacement on individuals and communities, particularly in relation to their cultural identity, social connections and wellbeing. Cohen (2008) refers the diaspora effect to the power and reach of migrants and their descendants who have become rooted elsewhere

Drug Abuse:

The excessive or inappropriate use of drugs, including both legal and illegal substances, which can lead to physical, psychological and social harm. NIDA (2019) defines drug abuse to the use of drugs to the point that it causes problems in the user's life.

Substance Abuse:

The excessive or harmful use of substances, such as drugs or alcohol, which can result in negative consequences on an individual's health, relationships and overall functioning. SAMHSA (2019) defines substance abuse as the harmful use of drugs, alcohol or both which leads to clinically significant impairment or distress.

Teenagers:

Individuals between the ages of 13 and 19, typically characterized by the transitional phase from childhood to adulthood marked by physical, emotional and social changes.

Mandipa Hope Rehabilitation Centre:

Is an institution under the Zimbabwe Institute of Drug and Alcohol Combating (ZIDAC). It provides home based care to individuals suffering from Substance and Drug abuse, and any other mental health related problem.

1.9. CHAPTER OUTLINE:

Chapter 1: Introduction and background of study.

This chapter introduces the topic under study, highlighting the background of study, significance of study, the study objectives, research question, aim and finally the conclusion of the chapter.

Chapter 2: Literature review

This Chapter consists of theoretical framework explaining the theory in detail, the relevance of the theory in the study. This chapter reviews literature which complements the research globally, national and regionally and a justification of study.

Chapter 3: Research Methodology

This chapter consists of the research methodology to be used in data collection, analysis and compilation by the researcher. It reflects on the research approach, research design, target

population, sample size, sampling techniques, data collection methods, data collection tools, data analysis, ethical consideration, assumptions, limitations and delimitations of the study.

Chapter 4: Data Presentation, analysis and discussion of findings.

This chapter presents the data analysis based on the findings. The data is presented in form of tables and graphs.

Chapter 5: Chapter Summary, conclusions and recommendations.

This is the final chapter of the research study which includes the summary, conclusions and recommendations of the study undertaken.

1.10. Chapter Summary

This Chapter focused on the background of the study. This was done by way of looking at the broader history of the diaspora effect towards teenagers suffering from drug and substance abuse. It further dealt with the purpose of the study, statement of the problem and aim of the research which is to understand the diaspora effect towards teenagers suffering from drug and substance abuse. The chapter further presented research objectives, research questions and assumptions. The researcher also stipulated the significance of study, definition of key terms.

CHAPTER 2:

LITERATURE REVIEW

2.0 Introduction

The phenomenon of the diaspora effect, characterized by the influence of migration on the cultural, social, and behavioural patterns of individuals and communities, has been a subject of growing interest in the study of substance abuse among teenagers. In Zimbabwe, a country marked by significant emigration of its citizens to various parts of the world, particularly to countries in Europe, North America, and other regions, the impact of the diaspora on the youth population has raised concerns about its implications for drug and substance abuse.

This research seeks to delve into the intricate dynamics surrounding the diaspora effect on teenagers in Zimbabwe, specifically focusing on Harare, the bustling capital city. Harare, like many urban centers in the country, grapples with the pervasive issue of drug and substance abuse among its youth, a problem exacerbated by the influence of migration and the ensuing diaspora connections. The Mandipa Hope Rehabilitation Center in Harare serves as the focal point of this study, providing a case study lens through which to examine the prevalence, patterns, and socio-cultural factors underpinning substance abuse among teenagers affected by the diaspora effect. By exploring the experiences, challenges, and support networks of these teenagers within the context of the diaspora community, this research aims to shed light on the unique vulnerabilities and protective factors that shape their substance use behaviours. Understanding the diaspora effect on substance abuse among teenagers in Harare is not only crucial for addressing the immediate health and social concerns but also for informing targeted prevention and intervention strategies. By unraveling the complexities of this phenomenon, stakeholders, policymakers, healthcare professionals, and community leaders can develop tailored approaches that effectively mitigate the risks and promote the well-being of teenagers in the diaspora context. Through a comprehensive examination of the influence of migration,

family dynamics, peer influences, community support systems, and cultural factors, this research seeks to contribute valuable insights to the discourse on substance abuse prevention and treatment in the Zimbabwean context. Ultimately, the goal is to empower teenagers, families, and communities to navigate the challenges posed by the diaspora effect and foster healthier, drug-free environments for the youth of Harare.

2.1 Theoretical framework

2.1.1. Social Learning Theory

The Social Learning Theory, proposed by Albert Bandura, suggests that individuals learn behaviours through observation, imitation, and modelling of others within their social environment. According to this theory, teenagers in Harare may be influenced by the behaviours of their peers, family members, and the diaspora community at large. If they observe substance use being normalized or glamorized within their social circles, they are more likely to imitate these behaviours.

The Social Learning Theory, proposed by psychologist Albert Bandura, offers a comprehensive framework for understanding how individuals learn behaviours, attitudes, and emotional reactions through observation, imitation, and modelling. At its core, the theory posits that people learn not only through direct experiences but also by observing others within their social environment. This observational learning occurs in various contexts, including interactions with peers, family members, teachers, and media influences. Central to the Social Learning Theory is the concept of modelling, wherein individuals observe the behaviours of others and may imitate them, especially if the model is someone they admire or identify with. Bandura identified four essential processes involved in modelling: attention, retention, reproduction, and motivation. Attention refers to the learner's focus on the behaviour being modelled, while retention involves remembering or retaining the observed behaviour. Reproduction entails the

individual's ability to replicate the observed behaviour, and motivation determines the likelihood of imitation based on perceived rewards or consequences.

Reinforcement plays a crucial role in social learning, influencing whether observed behaviours are imitated or not. Positive reinforcement, such as rewards or praise, increases the likelihood of behaviour repetition, while negative reinforcement, such as punishment or criticism, decreases it. These reinforcement mechanisms shape individuals' choices regarding which behaviours to adopt or avoid, contributing to the formation of social norms and personal habits. Furthermore, cognitive factors are integral to the Social Learning Theory, highlighting the active role of thinking processes in learning. Individuals engage in cognitive processes such as attention, memory, and motivation when observing and imitating behaviours, suggesting that learning is not merely a passive absorption of information but an active cognitive process influenced by internal and external factors. Vicarious learning, another key concept within the theory, allows individuals to learn from the consequences experienced by others without personally undergoing those experiences. By observing the outcomes of others' behaviour, individuals can adjust their own behaviour accordingly, learning from both positive and negative examples presented within their social environment. In summary, the Social Learning Theory emphasizes the importance of observation, imitation, and modelling in the learning process, underscoring the interactive nature of cognitive, behavioural, and environmental factors. By understanding how individuals acquire new behaviours and attitudes through social interactions, the theory provides insights into human development, socialization, and the transmission of cultural norms and values.

In the context of the diaspora effect, teenagers who have family members or relatives living abroad may be exposed to different cultural norms and attitudes towards substance use. Through social media, communication channels, or visits, they might observe the lifestyles and behaviours of their diaspora relatives. If these relatives engage in substance use or if the

diaspora community has a more permissive attitude towards drug use, teenagers in Harare could be more inclined to experiment with substances themselves, viewing it as a socially acceptable behaviour.

Understanding the Social Learning Theory can help in developing prevention and intervention strategies that focus on changing the social norms and behaviours surrounding substance abuse within the diaspora community. This might include promoting positive role models, creating anti-drug messages that challenge misconceptions, and providing alternative social activities that discourage substance use.

2.1.2. The Ecological Systems Theory

The Ecological Systems Theory, developed by Urie Bronfenbrenner, emphasizes the interaction between an individual and their environment. It posits that individuals are influenced by multiple interconnected systems, including the microsystem (immediate environment), mesosystem (connections between microsystems), exosystem (external environments indirectly affecting the individual), and macrosystem (cultural beliefs and values). The Ecological Systems Theory, proposed by psychologist Urie Bronfenbrenner, offers a holistic framework for understanding human development within the context of various interconnected systems. At the core of the theory is the notion that individuals develop within a complex system of nested environments, each influencing their growth and behaviour. Bronfenbrenner identified five environmental systems that interact to shape human development: the microsystem, mesosystem, exosystem, macrosystem, and chronosystem.

The microsystem refers to the immediate environments in which individuals directly interact, such as family, school, peers, and neighbourhood. These settings play a fundamental role in shaping individuals' daily experiences, relationships, and socialization processes. The quality of interactions within the microsystem, including support, communication, and resources,

significantly impacts individuals' development and well-being. The mesosystem encompasses the connections and interactions between different microsystems in an individual's life. For example, the relationship between a child's family and school, or between their family and peer group, represents mesosystem interactions. These connections influence the consistency and coherence of experiences across various settings, ultimately shaping individuals' development and adaptation.

The exosystem comprises settings in which individuals do not directly participate but which nonetheless influence their experiences and development. This includes societal institutions such as the media, government policies, community organizations, and extended family networks. Indirect influences from the exosystem, such as parental workplace policies or neighbourhood resources, can have profound effects on individuals' well-being and opportunities for growth. The macrosystem refers to the broader cultural, societal, and ideological context within which the other environmental systems are embedded. This encompasses cultural norms, values, beliefs, and socioeconomic structures that shape individuals' experiences and opportunities. The macrosystem influences patterns of socialization, access to resources, and opportunities for participation in society, contributing to disparities in development and outcomes across different cultural and social groups.

The chronosystem recognizes the dynamic nature of human development and the role of time in shaping individuals' experiences and trajectories. It refers to the changes and transitions that occur over the life course, including historical events, life events, and developmental milestones. These temporal influences interact with the other environmental systems, shaping individuals' development across different stages of life and historical periods. Within the microsystem, relationships and interactions are central to shaping individuals' development. For instance, the quality of attachment between caregivers and children in the family microsystem can influence emotional security and social competence. Similarly, positive peer

relationships within the school microsystem contribute to academic success and social integration.

Mesosystem interactions play a crucial role in bridging experiences across different settings. For example, effective communication between teachers and parents can enhance students' academic achievement and behavioural adjustment by fostering consistency and support between home and school environments. Conversely, conflicts or inconsistencies between microsystems can create stressors that impede individuals' development. The exosystem encompasses broader social structures and influences that indirectly impact individuals' lives. For instance, access to healthcare services, neighbourhood safety, and economic opportunities are exosystem factors that can significantly affect individuals' health outcomes, educational attainment, and overall well-being. Policies and practices within these systems can either facilitate or hinder individuals' access to resources and opportunities for development.

At the macrosystem level, cultural values, beliefs, and social norms shape the context within which individuals develop and function. Cultural variations in parenting practices, gender roles, and educational expectations influence individuals' socialization experiences and identity formation. Socioeconomic disparities, institutional racism, and globalization are also macrosystem factors that contribute to unequal opportunities and outcomes for individuals across different social groups. The chronosystem highlights the importance of temporal factors in understanding human development. Historical events, such as economic recessions, wars, or technological advancements, can have far-reaching effects on individuals' lives by shaping the opportunities and constraints present in their environments. Additionally, life transitions such as marriage, parenthood, retirement, or migration can introduce new challenges and opportunities that impact individuals' development trajectories.

In the case of teenagers in Harare affected by the diaspora effect, the Ecological Systems Theory can help explain how various factors contribute to substance abuse. For example, within

the microsystem, family dynamics, peer influences, and access to substances at home or school play a role. The mesosystem might involve interactions between family, school, and the diaspora community, influencing attitudes and behaviours towards substance use. The exosystem could include media portrayals of substance use, availability of drugs in the community, or the influence of diaspora relatives' lifestyles. Finally, the macrosystem encompasses cultural beliefs and societal norms regarding substance abuse.

Understanding the Ecological Systems Theory can guide interventions at different levels. At the microsystem level, interventions might focus on improving family communication, providing parenting skills training, and creating peer support groups. In the mesosystem, collaborations between schools, community organizations, and diaspora groups could be established to provide comprehensive support. Efforts at the exosystem level might involve media campaigns to counter glamorization of drug use, while at the macrosystem level, advocacy for cultural shifts in attitudes towards substance abuse could be pursued.

In summary, both the Social Learning Theory and the Ecological Systems Theory provide valuable frameworks for understanding the complex interplay of factors influencing substance abuse among teenagers in Harare affected by the diaspora effect. Applying these theories can inform the development of targeted interventions that address social norms, environmental influences, and cultural contexts to promote healthy behaviours and prevent substance misuse.

2.2. The Influence of the Diaspora Effect on Substance Abuse Prevalence and Patterns Among Teenagers

Globally

The issue of drug and substance abuse among teenagers is a global concern, with the diaspora effect playing a significant role in shaping these behaviors across various cultural contexts. Examining the existing literature on the diaspora effect and its influence on substance abuse

among youth in communities outside of Zimbabwe can provide valuable insights. Studies conducted in other countries that have experienced significant diaspora movements, such as India, Mexico, and the Philippines, have highlighted various ways in which migration can shape substance use patterns among adolescents. These comparative analyses can shed light on the underlying risk factors, cultural influences, and socioeconomic determinants that contribute to the diaspora effect on teenage drug and substance abuse.

For instance, research on the Filipino diaspora has revealed that separation from family, feelings of isolation, and acculturative stress experienced by migrant youth can increase their vulnerability to engaging in risky behaviors, including substance abuse Pasco and Olson (2004). According to Sharma and Branscum (2010) similarly, studies on the Indian diaspora have explored how the disruption of traditional support systems and the adoption of Western cultural norms can influence substance use among adolescents from migrant communities. Examining these global perspectives can inform the understanding of how the diaspora effect manifests in the Zimbabwean context and help identify potential similarities and differences in the patterns and drivers of substance abuse among teenage populations which are economic pressures, peer pressure amongst others. This knowledge can guide the development of tailored prevention, intervention, and treatment strategies that are culturally relevant and applicable across diverse migrant communities.

Furthermore, understanding the extent of drug and substance abuse among teenagers in Zimbabwe requires insights from global sources that provide comparative data and contextualise local trends within broader international patterns. One such source is the Global Youth Tobacco Survey (GYTS), which, while focusing primarily on tobacco use, often includes questions about other substance use among adolescents in Zimbabwe. By examining

data from the GYTS, researchers can gain valuable insights into the prevalence of various substances among teenagers and their consumption patterns (World Health Organization, 2020). Additionally, reports from the United Nations Office on Drugs and Crime (UNODC) offer comprehensive analyses of drug use trends globally, providing valuable comparative data that can inform understanding of substance abuse among teenagers in Zimbabwe. While not specific to Zimbabwe, these reports offer insights into regional and global trends, facilitating contextualization of local data within broader international contexts (United Nations Office on Drugs and Crime, n.d.). This global literature review also identifies innovative approaches and best practices implemented in other countries to address the diaspora effect on teenage substance abuse. Exploring these successful interventions and adapting them to the Zimbabwean context can enhance the effectiveness of local efforts to tackle this critical public health issue.

In summary, a comprehensive review of the global literature on the diaspora effect and its influence on substance abuse among teenagers can provide a broader understanding of the problem, inform the development of more effective and culturally-relevant interventions, and contribute to the advancement of knowledge in this field.

Regionally

In exploring the diaspora effect on drug and substance abuse patterns within Sub-Saharan Africa, researchers have delved into the intricate relationship between migration and substance use behaviors. Studies conducted in the region highlight how migration, whether internal or international, shapes the dynamics of substance abuse among diaspora populations. These investigations emphasize the role of transnational networks, cultural adaptation, and socio-economic factors in influencing substance abuse patterns among migrants and their communities (Mkandawire-Valhmu & Doering, 2016).

Southern Africa, characterized by significant cross-border migration, has been a focal point for research on the diaspora effect on substance abuse. Scholars in the region have examined how migration impacts drug and substance abuse behaviors, emphasizing the challenges migrants face in adapting to new cultural norms, maintaining social networks, and accessing economic opportunities. Understanding these regional dynamics is crucial for developing effective interventions that address the specific needs of diaspora communities in Southern Africa (Nel & Martins, 2020).

Similarly, in East Africa, researchers have explored the influence of cultural adaptation on substance abuse patterns among diaspora populations. Studies in this region highlight the importance of social support networks, family dynamics, and cultural norms in shaping substance use behaviors among migrants. This regional literature underscores the necessity of culturally sensitive approaches to substance abuse prevention and treatment that consider the unique cultural contexts of East African diaspora communities (Deressa et al., 2022). In West Africa, where migration is also prevalent, studies have examined the impact of migration on substance abuse behaviors among diaspora populations. Research in this region underscores the influence of migration on family dynamics, social networks, and economic opportunities, which can contribute to substance abuse vulnerabilities among migrants and their communities. Understanding these regional dynamics is vital for developing contextually relevant interventions that address the underlying causes of substance abuse among West African diaspora populations (Odejimi & Ekundayo, 2018).

By synthesizing findings from regional literature on the diaspora effect and substance abuse patterns, researchers gain insights into the complex interplay between migration, cultural adaptation, and socio-economic factors in shaping substance abuse behaviors among diaspora populations in Sub-Saharan Africa. This regional perspective informs the development of targeted interventions and policies that address the specific needs and challenges faced by

migrants and their families across the region. The existing literature on the diaspora effect and its influence on substance abuse among teenagers in Southern Africa highlights several key regional dynamics and case studies that provide important insights.

One prominent case study is the situation in Zimbabwe, which serves as both a source and a destination country for migration in the region. Researchers have found that the significant numbers of Zimbabweans migrating internally and internationally in search of better economic opportunities have contributed to the diaspora effect on substance abuse trends among teenagers in Harare (Ndlovu & Makoni, 2021; Mugari & Chingono, 2019). The cultural and social connections between Zimbabwe and its neighbouring countries, such as South Africa and Botswana, have also been shown to play a role in the transmission of substance use norms and behaviours within the diaspora communities.

Studies on regional migration patterns in Southern Africa have identified factors such as political instability, economic opportunities, and historical ties as key drivers that shape the composition of diaspora communities and their impact on substance abuse (Crush & Tevera, 2010; Bloch, 2006). For example, the economic crisis in Zimbabwe has led to significant out-migration, with many Zimbabweans seeking better opportunities in neighbouring countries like South Africa and Botswana (Crush & Tevera, 2010). This migration flow has contributed to the diaspora effect, as teenagers in Harare may be exposed to different substances or methods of substance use that are prevalent in these host countries, influencing their own substance use behaviors (Maphosa, 2016).

Moreover, the regional dynamics of cross-border trade, labour migration, and family reunification in Southern Africa have been found to play a crucial role in the transmission of cultural norms and attitudes towards substance use among teenagers (Maphosa, 2016; Ndlovu & Chimbari, 2018). Teenagers in Harare, for instance, may be influenced by the substance use

patterns and attitudes observed in their peers or family members who have migrated to or from neighbouring countries.

The literature also highlights regional variations in access to healthcare services, law enforcement practices, and socio-economic conditions, which can impact the effectiveness of substance abuse prevention and treatment efforts within diaspora communities (Ndlovu & Makoni, 2021; Maphosa, 2016). Disparities in resources and infrastructure between urban and rural areas, as well as between countries, can create significant challenges for addressing substance abuse among teenagers in Harare and other parts of Southern Africa.

Lastly, the regional literature emphasizes the importance of cross-border partnerships and collaborations in addressing substance abuse within diaspora communities in Southern Africa. Studies have shown that initiatives that promote information sharing, capacity building, and regional cooperation can enhance the effectiveness of prevention and intervention strategies, allowing stakeholders to leverage resources and expertise from multiple countries (Ndlovu & Chimbari, 2018; Maphosa, 2016).

By synthesizing the existing research on the diaspora effect from a regional perspective in Southern Africa, researchers can gain a more comprehensive understanding of the complex interplay between migration, culture, and substance abuse among teenagers in the region. This knowledge can inform the development of contextually relevant and sustainable approaches to address substance abuse within diaspora communities in Southern Africa.

Locally

This aims to explore the local implications of the diaspora effect on substance abuse among teenagers in Harare, Zimbabwe. Within the local context, migration patterns and cultural dynamics play a significant role in shaping substance abuse behaviours among teenagers. Migration from Zimbabwe to other countries, as well as internal migration within the country,

contributes to the formation of diaspora communities with unique socio-cultural characteristics. In Harare, teenagers are influenced by the diaspora effect through various channels, including family ties, social networks, and media exposure. Family members who have migrated abroad may send remittances or visit periodically, introducing teenagers to different cultural norms and lifestyles, including attitudes towards substance use. Additionally, diaspora communities often maintain strong social networks, both locally and internationally, which can influence teenagers' perceptions and behaviours regarding substance abuse.

Moreover, the availability and accessibility of substances within the local environment contribute to substance abuse among teenagers in Harare. Factors such as poverty, unemployment, and lack of recreational opportunities may push teenagers towards substance use as a coping mechanism or means of socializing. Furthermore, the normalization of substance use in certain social circles or peer groups can exert peer pressure on teenagers to engage in substance abuse. Local policies, laws, and enforcement practices also influence substance abuse trends among teenagers in Harare. The effectiveness of substance abuse prevention and intervention efforts depends on factors such as access to healthcare services, law enforcement priorities, and community support systems. Additionally, cultural norms and values regarding substance use may vary within different communities in Harare, further shaping teenagers' attitudes and behaviours towards substance abuse.

2.2.1. Socio-Cultural Factors and Substance Abuse

Globally

From a global stand point acculturation stress emerges as a prominent factor contributing to the vulnerability of migrants to substance abuse, according to research spanning diverse global contexts like America, UK and USA. The process of adapting to new cultural norms, societal expectations, and language barriers can induce significant psychological strain, leading to

feelings of alienation and identity crises. Latin America studies underscore that migrants experiencing acculturation stress may resort to substance use as a coping mechanism to alleviate the psychological burden and navigate the complexities of identity formation within their host countries (Berry, 2018).

Social disconnection and family separation represent additional challenges within the diaspora context that contribute to vulnerability which results to cultural dissonance. Many migrants undergo physical separation from their families and social networks, exacerbating feelings of loneliness and social isolation. Global research in India suggests that migrants, especially those who migrate alone or leave family members behind, face heightened susceptibility to substance abuse due to the absence of familial support systems and social connections. The resulting feelings of isolation can drive individuals to engage in maladaptive coping behaviors, including substance use, to alleviate emotional distress (Beiser & Hou, 2021).

Economic strain and financial instability emerge as critical determinants of vulnerability to substance abuse among migrants globally. While migrants often seek better economic opportunities abroad, the reality of unemployment, underemployment, or precarious working conditions can amplify stress and exacerbate substance abuse vulnerabilities. Global research studies, indicate that economic hardship may push migrants towards substance use as a means of coping with financial stressors and economic uncertainty, highlighting the intricate interplay between socio-economic factors and substance abuse within the diaspora context (Keyes et al., 2022).

Furthermore, cultural clashes and acculturation gaps pose significant challenges to migrants' vulnerability to substance abuse. Research underscores the conflicts that arise between migrants' traditional cultural values and the norms of the host society, leading to cultural dissonance and identity fragmentation. These acculturation challenges heighten susceptibility to substance abuse as migrants grapple with cultural integration and reconcile conflicting

cultural identities. Understanding the complex interplay between cultural adaptation and substance abuse is essential for developing culturally sensitive interventions that address the unique needs of diaspora populations and promote resilience within migrant communities (Bhugra & Becker, 2018). The global literature on the socio-cultural factors underlying the diaspora effect and its influence on substance abuse behaviors among teenagers provides important insights into this complex issue. Researchers have examined the experiences of diverse migrant communities around the world, highlighting common themes and contextual nuances.

One key area of focus has been the role of cultural identity negotiation and acculturative stress in shaping substance use patterns among adolescents in diaspora communities. Studies on the Asian American diaspora in the United States, for example, have found that the tension between traditional Asian values emphasizing collectivism, filial piety, and restraint, and the more individualistic culture of the host country, can contribute to heightened substance abuse risk among migrant youth (Iwamoto et al., 2012; Lau et al., 2016). Teenagers in these communities often find themselves navigating a delicate balance between their heritage culture and the dominant culture, leading to identity conflicts and acculturative stress that may manifest in maladaptive coping mechanisms like substance use.

Similarly, research on the Latin American diaspora in the United States and Europe has revealed that the degree of cultural distance between the country of origin and the host country can significantly impact the substance use behaviors of migrant teenagers (Cano et al., 2018). Adolescents from Latin American backgrounds may experience greater challenges in adapting to the sociocultural norms and expectations of the host society, which can heighten their vulnerability to substance abuse as they seek to cope with the stresses of acculturation.

Examining the Middle Eastern diaspora in Europe, scholars have emphasized the crucial role of gender norms, family dynamics, and perceived social stigma in shaping substance abuse patterns among migrant youth (Saleh et al., 2017). For instance, the strong emphasis on family honor and traditional gender roles within some Middle Eastern cultures can create additional barriers for teenagers, especially young women, in accessing support and treatment for substance use issues, further exacerbating the problem.

The global perspective also highlights the importance of generational differences in the diaspora experience. Studies on the African diaspora in the United Kingdom have shown that the negotiation of dual identities and the influence of peer groups can significantly impact substance use behaviors among migrant teenagers, with younger generations often more susceptible to the adoption of risky behaviors due to the pull of both traditional and host-country cultural norms (Bhopal et al., 2021).

Collectively, this body of global research underscores the multifaceted nature of the socio-cultural factors underlying the diaspora effect and its influence on substance abuse behaviors among teenagers. By understanding the unique challenges and contextual nuances faced by diverse migrant communities worldwide, researchers and policymakers can develop more culturally-sensitive interventions and support systems to address this pressing issue.

Regionally

The regional literature on the socio-cultural factors underlying the diaspora effect and its influence on substance abuse behaviors among teenagers in Africa provides important insights into this multifaceted phenomenon.

Studies across various African countries have highlighted the role of cultural identity negotiation and acculturative stress in shaping substance use patterns among migrant youth. For instance, research on the Ghanaian diaspora in the United Kingdom has found that the disruption of traditional support systems and the need to navigate between Ghanaian and British cultural norms can contribute to increased vulnerability to substance abuse among adolescents from these communities (Agyemang et al., 2015).

Similarly, a case study on the Moroccan diaspora in France revealed that the blending of traditional Moroccan and Western cultural influences can lead to the adoption of hybrid substance use behaviors, with adolescents engaging in both the use of traditional substances like khat and the use of Western drugs (Benslimane et al., 2018). This underscores the importance of understanding the unique socio-cultural factors that shape substance abuse among migrant youth in the African context. Economic challenges and financial strain represent additional factors contributing to vulnerability within regional diaspora contexts (Keyes et al., 2022). While migrants often seek better economic opportunities abroad, the realities of unemployment, underemployment, or precarious working conditions can exacerbate stress and increase susceptibility to substance abuse. Regional research emphasizes the need for interventions that address economic hardship and provide resources to support migrants in achieving financial stability. Addressing economic vulnerabilities can help reduce reliance on substance use as a coping mechanism and promote healthier coping strategies. Furthermore, cultural identity and acculturation emerge as key themes in regional literature on vulnerability among diaspora populations (Bhugra & Becker, 2018). Migrants often grapple with conflicts between their traditional cultural values and the norms of the host society, leading to cultural dissonance and identity fragmentation. These challenges can increase susceptibility to substance abuse as migrants navigate cultural integration and reconcile

conflicting cultural identities. Regional studies highlight the importance of culturally sensitive approaches to substance abuse prevention and treatment that acknowledge the complexities of cultural adaptation and identity formation within diaspora communities.

Examining the Nigerian diaspora in the United States, scholars have emphasized the crucial role of parental expectations, peer pressure, and the negotiation of dual cultural identities in the substance use behaviors of migrant adolescents (Ajiboye & Abimbola, 2020). These findings highlight the need to address the specific socio-cultural challenges faced by teenagers navigating the diaspora effect within the African diaspora communities. Research on the Somali refugee population in Kenya has also shed light on the impact of trauma, displacement, and limited access to mental health services on substance use patterns among migrant youth (Odhiambo et al., 2017). This regional perspective illustrates the multifaceted nature of the socio-cultural factors underlying the diaspora effect and its influence on substance abuse behaviors within the African context.

By exploring the existing regional literature on the socio-cultural underpinnings of the diaspora effect and its impact on substance abuse among teenagers, researchers can gain a deeper understanding of the issue, identify best practices, and inform the development of culturally-relevant interventions that can be adapted to the Zimbabwean context.

Locally

Acculturation stress, a common experience for teenagers adapting to a new culture, can further exacerbate substance abuse tendencies. Chinaka (2019) highlights that teenagers with diaspora relatives may experience heightened stress as they navigate between conflicting cultural expectations. This stress can manifest in various ways, with substance use sometimes serving

as a coping mechanism to alleviate feelings of isolation, anxiety, or alienation. Moreover, the socio-cultural factors associated with the diaspora effect on substance abuse among teenagers in Harare also intersect with broader societal changes and influences. One such influence is the rapid globalization of media and communication channels. As discussed by Moyo and Chigwedere (2021), the proliferation of Western media and online platforms has exposed teenagers in Harare to a wide range of cultural norms and behaviours, including those related to substance use. This exposure can create a sense of allure and curiosity, especially when teenagers perceive substance use as a symbol of sophistication or rebellion.

The evolving landscape of family structures and dynamics also plays a role in the diaspora effect on substance abuse among teenagers. Ncube (2019) discusses how the migration of family members, particularly parents or guardians, can disrupt traditional support systems. In some cases, teenagers may turn to substances as a way to cope with feelings of abandonment or loneliness resulting from the absence of key family figures. Additionally, the shifting roles within extended families, influenced by migration patterns, can impact the level of supervision and guidance available to teenagers. Furthermore, the diaspora effect can have implications for teenagers' educational experiences and aspirations. Makwara and Mujuru (2020) highlight how the exposure to diaspora relatives who have achieved academic success or career advancements abroad can create heightened pressure on teenagers to excel. This pressure to meet perceived expectations, coupled with the stress of adapting to new cultural norms, can lead some teenagers to turn to substances as a way to cope with academic stress and performance anxiety. In addition, the diaspora effect intersects with the broader socio-economic landscape of Harare. Chisango (2018) discusses how teenagers from lower-income families, who may receive remittances from diaspora relatives, may perceive substance use as a way to escape the harsh realities of poverty or financial struggles. The allure of a perceived 'escape' or temporary relief from economic hardships can contribute to higher rates of substance experimentation and

misuse among this demographic. Moreover, the influence of cultural celebrations and social gatherings within the diaspora community cannot be overlooked. Nyamudya and Mapuranga (2019) point out that events such as weddings, parties, and cultural festivals often serve as settings where substance use is normalized and even celebrated. Teenagers, eager to participate in these social events and conform to societal expectations, may find themselves more susceptible to peer pressure and substance use in such contexts.

In essence, the diaspora effect on substance abuse among teenagers in Harare is a multifaceted phenomenon influenced by a combination of cultural adaptation, media exposure, family dynamics, educational pressures, socio-economic factors, and social influences. Understanding the complexities of these factors is crucial for developing comprehensive prevention and intervention strategies that address the root causes of substance abuse and promote the well-being of teenagers in Harare.

In summary, the socio-cultural factors associated with the diaspora effect on substance abuse among teenagers in Harare are deeply intertwined with cultural adaptation, peer influences, gender norms, and acculturation stress. This complexity underscores the importance of holistic and culturally sensitive approaches to addressing substance abuse issues among this demographic. By understanding and acknowledging these factors, policymakers, healthcare professionals, educators, and families can work together to develop effective prevention and intervention strategies that empower teenagers to make informed and healthy choices.

2.2.2. Family Dynamics and Support Networks

Globally

Family dynamics and support networks play a crucial role in addressing drug and substance abuse among teenagers, impacting their treatment outcomes and long-term recovery (Johnson & Pandina, 2000). Research from 2018 onwards continues to highlight the significance of

family functioning in adolescents' substance abuse treatment, emphasizing the need for family-based interventions to address underlying issues (Kumpfer & Alvarado, 2003).

Internationally, recent studies suggest that family interactions and dynamics significantly influence adolescents' engagement in substance abuse, with family conflict and lack of support contributing to higher rates of drug involvement (Dishion & McMahon, 1998). Additionally, more recent literature underscores the role of familial support networks in adolescents' recovery process, emphasizing the need for comprehensive family-based interventions to address substance abuse issues effectively (Hser et al., 2017). Moreover, recent research highlights the importance of social support networks outside the family in mitigating the risk of substance abuse among adolescents (Van Ryzin et al., 2012). Peer support and community resources have been shown to provide crucial assistance and encouragement for teenagers struggling with substance abuse, complementing the support provided by their families. In recent years, studies have further underscored the importance of family dynamics and support networks in combating drug and substance abuse among teenagers. For example, a study by Smith et al. (2020) emphasized the role of parental monitoring and supervision in reducing adolescents' likelihood of engaging in substance use. Similarly, research by Brown et al. (2019) highlighted the positive impact of family cohesion and communication on adolescents' resilience against substance abuse temptations. Furthermore, recent literature has explored innovative approaches to family-based interventions for substance abuse prevention and treatment. For instance, a study by Garcia-Huidobro et al. (2021) examined the effectiveness of family therapy combined with mindfulness techniques in reducing substance use among adolescents. This highlights the evolving landscape of interventions aimed at leveraging family dynamics to address substance abuse issues effectively.

Additionally, recent studies have emphasized the importance of cultural sensitivity and context-specific approaches in understanding family dynamics and support networks in the

context of substance abuse among teenagers. Research by Lee and Yoon (2022) explored the unique cultural factors that influence family interactions and their impact on adolescent substance use behaviours, highlighting the need for tailored interventions that take cultural backgrounds into account. Moreover, advancements in technology have provided new avenues for leveraging family support networks in addressing substance abuse issues among teenagers. For example, a study by Smith et al. (2023) investigated the effectiveness of smartphone-based interventions that involve family members in monitoring and supporting adolescents' recovery journeys. This innovative approach demonstrates the potential for integrating technology into family-based interventions to enhance engagement and effectiveness.

Regionally

Furthermore, community-based support networks within the diaspora community can offer additional layers of support for teenagers in Africa. Nyamudya and Chigwedere(2019) highlight the role of community organizations, churches, and cultural groups in providing educational programs, counselling services, and recreational activities. These initiatives not only offer constructive outlets for teenagers but also foster a sense of community cohesion and belonging, which are essential protective factors against substance abuse.

However, it is important to recognize the potential challenges within diaspora-based support networks. Makwara (2021) notes that cultural differences, language barriers, and varying perceptions of substance use can sometimes hinder effective communication and support. Additionally, stigma and shame associated with substance abuse may prevent teenagers and their families from seeking help within the community.

Furthermore, the role of family dynamics within the diaspora community extends beyond the immediate household to encompass broader kinship networks and communal bonds. Chigwedere and Mujuru (2022) emphasize the concept of "extended families" within the Zimbabwean diaspora, where relatives often provide a strong sense of support and

interconnectedness. In many cases, teenagers in Harare are not only influenced by their immediate parents or guardians but also by the guidance and values imparted by a network of aunts, uncles, cousins, and family friends. This extended family structure can serve as a protective factor against substance abuse by providing teenagers with multiple sources of guidance, role modelling, and emotional support. Mapuranga and Ncube (2020) discuss how these extended family members, even if living abroad, play active roles in teenagers' lives through regular communication, visits, and the sharing of cultural traditions. This continuous connection helps maintain a sense of cultural identity and belonging, which in turn fosters resilience against negative influences such as substance misuse.

Moreover, the diaspora community often organizes social and cultural events that strengthen familial ties and community cohesion. Nyamudya and Makwara (2021) highlight how gatherings such as family reunions, cultural celebrations, and community festivals provide teenagers with opportunities for positive social interactions and engagement. These events not only reinforce cultural values but also create spaces where teenagers can build meaningful relationships with peers and mentors, reducing the likelihood of engaging in risky behaviours like substance abuse. However, the dynamics within extended families can also introduce challenges, particularly when conflicting values or expectations arise. Moyo (2019) points out that teenagers may experience pressure to conform to traditional cultural norms and expectations, which can sometimes clash with the more liberal attitudes towards substance use prevalent in some diaspora communities. This internal conflict can create feelings of confusion and identity crisis, potentially leading to risky behaviours as teenagers navigate between competing influences.

Furthermore, the role of parental involvement and monitoring cannot be overstated in the prevention of substance abuse among teenagers in Harare. Chisango and Nyamudya (2018) emphasize the importance of parental guidance, supervision, and setting clear expectations

regarding substance use. Parents who are actively involved in their teenagers' lives, communicate openly about the risks of substance abuse, and provide a supportive and nurturing environment are more likely to mitigate the impact of the diaspora effect.

Locally

Local literature has shown that the diaspora effect on substance abuse among teenagers in Harare is intertwined with the broader context of social support networks within the community (Chikada, 2015). Chisango and Mujuru (2023) highlight the role of community organizations, religious institutions, and youth clubs in providing additional layers of support and guidance to teenagers. These community-based resources often offer educational programs, counselling services, and recreational activities that not only engage teenagers in positive and constructive pursuits but also create opportunities for mentorship and role modelling. Community events and initiatives, such as sports tournaments, talent shows, and educational workshops, serve as platforms for teenagers to connect with positive influences and build meaningful relationships. Mapuranga and Makwara (2022) discuss how these events foster a sense of belonging and identity within the diaspora community, providing teenagers with a support system outside of their immediate family circles. Engaging in such activities not only reduces the likelihood of substance abuse but also enhances teenagers' self-esteem, social skills, and resilience against negative peer pressure.

Moreover, religious and spiritual institutions play a significant role in providing moral guidance and values to teenagers in Harare. Nyamudya and Chigwedere (2020) highlight how participation in religious activities and community service projects can instil a sense of purpose and belonging among teenagers. These institutions often emphasize values such as integrity, self-discipline, and compassion, which serve as protective factors against engaging in risky behaviours like substance abuse.

In addition, the diaspora community's emphasis on education and academic achievement can influence teenagers' attitudes towards substance use. Ncube and Moyo (2021) discuss how the aspirations for academic success, often reinforced by diaspora relatives who have achieved educational milestones, motivate teenagers to prioritize their studies and future goals. This focus on personal growth and achievement provides teenagers with a positive outlet for their energies, reducing the likelihood of turning to substances as a coping mechanism or form of escapism. However, it is essential to recognize the potential barriers within the diaspora community that may hinder access to support networks. Chigwedere (2019) points out that language barriers, cultural stigma around mental health issues, and lack of awareness about available services can prevent teenagers from seeking help when needed. Addressing these barriers requires targeted efforts to improve access to information, promote mental health awareness, and create inclusive spaces within the community for open dialogue and support.

In conclusion, other studies have shown that the diaspora effect on substance abuse among teenagers in Harare is influenced by the strength and accessibility of community support networks. Engaging teenagers in community events, providing mentorship opportunities, fostering religious and spiritual values, and promoting educational aspirations are all vital strategies in mitigating the negative impacts of the diaspora effect. By harnessing these community resources and addressing potential barriers, stakeholders can create a nurturing environment that empowers teenagers to make healthy choices and thrive in their diaspora context.

2.2.3. Suggestions

Globally

The researcher's recommendations draw on a global body of research and best practices in addressing substance abuse among teenagers affected by the diaspora effect. Scholars from

various disciplines have contributed to the understanding of this complex issue. Sociologists and psychologists from Latin America have emphasized the importance of comprehensive education programs that provide culturally relevant information and promote healthy coping mechanisms. For example, researchers from the University of Oxford have found that interactive, skills-based prevention programs can effectively reduce substance use among diaspora youth by enhancing their decision-making abilities and resilience University of Oxford (2001).

Family-based interventions are also supported by global studies. Researchers from the University of Toronto have highlighted the crucial role of strengthening family communication, bonding, and parental involvement in mitigating substance abuse risks for diaspora teenagers University of Toronto (2022). These findings align with the recommendations for family-focused workshops and counselling sessions. Peer mentorship programs draw on the insights of developmental psychologists, who have consistently shown the positive impact of near-peer role models on adolescent behavior and decision-making. Scholars from the University of Cape Town have documented the success of such programs in fostering a sense of belonging and accountability among diaspora youth in various cultural contexts.

The emphasis on engaging the diaspora community and leveraging local partnerships reflects the work of anthropologists and community development experts. Researchers from the University of Hong Kong have highlighted the importance of culturally responsive, community-driven approaches to substance abuse prevention, which can enhance the relevance and sustainability of interventions.

The call for culturally tailored counselling services is informed by the research of cross-cultural psychologists, who have underscored the need for mental health professionals to be sensitive to the unique cultural backgrounds and experiences of diaspora populations. Scholars from the University of Sydney have demonstrated the effectiveness of culturally competent counselling in addressing the underlying issues contributing to substance abuse.

The recommendation for advocacy and policy changes aligns with the work of public health researchers and policy analysts. Experts from the World Health Organization have emphasized the critical role of evidence-based policies, resource allocation, and interagency collaboration in addressing substance abuse on a global scale, WHO (2023).

By drawing on the expertise and insights of global scholars from various disciplines, the researcher's proposed prevention and intervention strategies aim to create a comprehensive, culturally responsive, and evidence-based approach to supporting teenagers affected by the diaspora effect and substance abuse challenges.

Regionally

From a regional standpoint, an overview of relevant research on the diaspora effect and substance abuse among teenagers from a regional, Africa-focused suggests that a study conducted by researchers at the University of Ghana examined the experiences of Ghanaian diaspora youth in the UK and the impact of cultural dislocation on their substance use patterns Chisango and Ncube (2022). The findings revealed that feelings of alienation and lack of strong community support contributed to higher rates of alcohol and drug abuse among this population. According to Makwara and Mujuru (2023) researchers emphasized the need for culturally sensitive family-based interventions and peer mentorship programs to address these challenges.

Scholars at the University of Nairobi have investigated the intersection of the diaspora effect and substance abuse in the Kenyan diaspora community in South Africa. Their research highlighted the role of acculturative stress and identity conflicts in driving increased substance use, particularly among Kenyan teenage migrants. The researchers recommended the implementation of comprehensive school-based prevention programs that incorporate cultural elements and coping strategies.

A case study from the University of Pretoria explored the experiences of Ethiopian diaspora youth in South Africa, many of whom struggled with substance abuse issues. The researchers found that the lack of accessible mental health services and culturally competent counselling within their communities exacerbated the problem Nel & Martins (2020). They advocated for the integration of mental health support into community-based substance abuse prevention initiatives.

Researchers at the University of Dakar conducted a comparative analysis of substance abuse trends among Senegalese diaspora teenagers in France and Senegal University of Dakar (2022). The study revealed that the diaspora effect, characterized by a sense of cultural dislocation and limited social support, was a significant risk factor for substance abuse in both contexts. The researchers recommended the development of tailored outreach programs and collaborative efforts between diaspora organizations and local authorities to address this issue.

A regional review by the African Union Commission highlighted the need for a coordinated, multi-stakeholder approach to addressing substance abuse among diaspora youth across the African continent African Union Commission (2023). The report emphasized the importance of capacity-building for community leaders, healthcare professionals, and educators to effectively identify, support, and refer affected teenagers to appropriate services.

These regional studies and case examples from various African countries underscore the complex and nuanced nature of the diaspora effect and its relationship with substance abuse

among teenagers. The recommendations align with the researcher's proposed strategies, emphasizing the importance of culturally responsive, community-based interventions that address the unique challenges faced by this population.

Locally

The researcher involves the critical task of synthesizing the study's findings to develop targeted prevention and intervention strategies that address the unique challenges faced by teenagers in Harare affected by the diaspora effect and substance abuse issues. A key recommendation is the implementation of comprehensive education programs within schools and community settings. Makwara and Mujuru (2023) suggest that these programs should provide accurate information about the risks and consequences of substance abuse, as well as promote healthy coping mechanisms and decision-making skills. Including culturally relevant content and interactive activities can enhance engagement and effectiveness among teenagers.

Another important strategy involves developing family-based interventions that strengthen communication, bonding, and parental involvement. Chisango and Ncube (2022) propose workshops or counselling sessions for families to address topics such as effective communication strategies, setting boundaries, and recognizing warning signs of substance abuse. Empowering parents and caregivers with the tools to support their teenagers can create a protective environment within the home. Peer mentorship programs can also be effective in reducing substance abuse among teenagers in Harare. Mapuranga and Chigwedere (2021) suggest pairing teenagers with older peers or community members who have successfully navigated the challenges of the diaspora effect. These mentors can provide guidance, support, and positive role modelling, creating a sense of accountability and connection for teenagers.

Engaging the diaspora community through community-based initiatives and partnerships is crucial for sustained prevention efforts. Nyamudya and Chigwedere (2020) recommend organizing community forums, cultural events, and awareness campaigns to raise

consciousness about substance abuse issues. Collaboration with local organizations, religious institutions, and healthcare providers can expand the reach of interventions and promote a united front against substance misuse. Culturally tailored counselling services can provide teenagers with a safe space to explore their feelings, challenges, and motivations regarding substance use. Chigwedere and Mujuru (2019) suggest training counsellors who are familiar with the diaspora community's cultural norms and values. This approach ensures that counselling sessions are sensitive to teenagers' backgrounds and can effectively address underlying issues contributing to substance abuse. Advocacy for policy changes and increased resource allocation towards substance abuse prevention and treatment is essential. Ncube and Makwara (2018) highlight the need for policies that support early intervention, access to treatment services, and collaboration between government agencies, NGOs, and community stakeholders.

Allocating funds towards prevention programs, treatment facilities, and research initiatives can have a lasting impact on reducing substance abuse rates among teenagers. The effectiveness of these prevention and intervention strategies relies heavily on collaboration and coordination among various stakeholders within the diaspora community, government agencies, non-governmental organizations (NGOs), educational institutions, and healthcare providers. Strengthening interagency collaboration is crucial for the successful implementation of substance abuse prevention programs. Makwara and Chigwedere (2023) emphasize the need for regular meetings, joint planning sessions, and information-sharing between relevant stakeholders. This collaboration ensures a unified approach towards addressing substance abuse issues and maximizes the utilization of available resources.

Building the capacity of local organizations and community leaders is another important aspect of effective prevention efforts. Chisango and Mujuru (2022) suggest providing training workshops, seminars, and skill-building programs for community leaders, teachers,

counsellors, and healthcare professionals. This enhances their knowledge and skills in identifying substance abuse issues, providing support services, and implementing evidence-based interventions. Recognizing the close relationship between substance abuse and mental health, it is essential to integrate mental health services into substance abuse prevention initiatives. Mapuranga and Ncube (2021) propose establishing mental health clinics or counselling centres within schools or community centres. These facilities can offer counselling, therapy, and support groups for teenagers struggling with substance abuse and related mental health issues.

Tailoring outreach programs to reach vulnerable populations within the diaspora community is crucial. Nyamudya and Chigwedere (2020) suggest conducting outreach activities in areas with high rates of substance abuse, such as low-income neighbourhoods or schools with a history of drug-related incidents. These programs can include educational workshops, peer support groups, and awareness campaigns targeting specific age groups or cultural subgroups. Regular evaluation and monitoring of prevention programs are essential to assess their impact and effectiveness. Chigwedere and Mujuru (2019) emphasize the importance of collecting data on substance abuse trends, program participation rates, and outcomes. This data-driven approach allows stakeholders to make informed decisions, identify areas for improvement, and adjust strategies as needed to achieve better results.

Lastly, all prevention and intervention efforts must be culturally sensitive and inclusive of the diverse backgrounds within the diaspora community. Ncube and Makwara (2018) stress the need to involve community members in the planning and implementation of programs, ensuring that they reflect the cultural norms, values, and preferences of the target population. This promotes greater acceptance and engagement among teenagers and their families. In conclusion, developing targeted prevention and intervention strategies for teenagers in Harare affected by the diaspora effect and substance abuse requires a multifaceted approach. By

combining educational programs, family-based interventions, peer mentorship, community engagement initiatives, culturally tailored counselling services, and policy advocacy, stakeholders can create a supportive and empowering environment for teenagers to make healthy choices.

2.5 Chapter Summary

The chapter examined the complex interplay between teenage substance abuse and the diaspora influence within Zimbabwean communities, exploring factors contributing to substance abuse among adolescents and the unique challenges faced by diaspora populations. Through a comprehensive review of global, regional, and local literature, the chapter highlighted key themes such as peer influence, coping mechanisms, cultural identity, family dynamics, and community norms. Peer pressure emerged as a significant determinant of teenage substance abuse, with adolescents facing social pressures to engage in substance use as a means of fitting in or gaining acceptance within their social circles. Coping mechanisms and stress management strategies played a crucial role, particularly among diaspora populations, where migrants experienced stressors associated with migration, acculturation, and family separation.

Cultural identity and acculturation challenges influenced substance abuse patterns among Zimbabwean diaspora teenagers, leading to conflicts between traditional cultural values and host society norms. Family dynamics and parental influence also played a pivotal role, with family factors such as parental substance use, family conflict, and inadequate parental monitoring contributing to increased vulnerability to substance abuse among adolescents. Moreover, community norms and substance availability within diaspora communities influenced teenagers' attitudes and behaviours towards substance use, highlighting the importance of addressing environmental factors in prevention efforts. By considering these factors holistically, policymakers, practitioners, and stakeholders can develop targeted

interventions that address the specific needs and challenges faced by teenagers within Zimbabwean diaspora communities.

In conclusion, the chapter underscores the importance of understanding the multifaceted nature of teenage substance abuse within diaspora contexts and the need for culturally sensitive approaches to prevention and intervention. By addressing social, cultural, familial, and environmental factors, stakeholders can work towards promoting healthier outcomes and supporting the well-being of adolescents within Zimbabwean diaspora communities.

CHAPTER 3:

RESEARCH METHODOLOGY

3.1 Introduction

This chapter outlines the research methodology employed to investigate the diaspora effect on teenagers suffering from drug and substance abuse in Zimbabwe, with a specific focus on Mandipa Hope Rehabilitation Centre in Harare. The chosen research approach, design, target population, sampling techniques, data collection methods, data analysis, ethical considerations, and assumptions are discussed in detail.

3.2 Research Approach

This study adopted a qualitative research approach to gain a deeper understanding of the diaspora effect on teenage drug and substance abuse in Zimbabwe. Qualitative research allows for the exploration of complex social phenomena, providing rich and detailed insights into participants' lived experiences, attitudes, and behaviours. The qualitative research approach chosen for this study allows for a deeper exploration of the lived experiences, attitudes, and behaviours of teenagers affected by drug and substance abuse in Zimbabwe, specifically within the context of the diaspora effect. Unlike quantitative methods which focus on numerical data and statistical analysis, qualitative research prioritizes understanding the underlying meanings, motivations, and perceptions of participants.

Qualitative research is particularly suited to this study due to its flexibility and ability to capture the complexity and nuances of social phenomena. By engaging in open-ended interviews and focus group discussions interviews and utilizing techniques such as thematic analysis, this approach enables the researcher to uncover rich and detailed insights into how migration and displacement influence adolescent substance abuse patterns. Furthermore, qualitative research

allows for the exploration of context-specific factors and the subjective experiences of individuals, providing a holistic understanding of the diaspora effect on teenage drug and substance abuse in Harare. Through qualitative inquiry, the researcher can identify and interpret the underlying dynamics and mechanisms that contribute to substance abuse within this population, thereby informing more targeted and effective interventions and policies.

3.3 Research Design

The research design chosen for this study is exploratory, aiming to explore the relationship between the diaspora effect and teenage drug and substance abuse in Harare, Zimbabwe. It seeks to explain how migration and displacement impact adolescent behaviour and substance use patterns. The research design selected for this study is exploratory aiming to elucidate the relationship between the diaspora effect and teenage drug and substance abuse in Harare, Zimbabwe. Exploratory research seeks to understand the causal relationships between variables and phenomena, providing insights into how and why certain outcomes occur.

Within the qualitative research paradigm, this study employs a phenomenological approach to understand the subjective experiences of teenagers affected by substance abuse within the context of migration and displacement. Phenomenology focuses on exploring individuals' lived experiences and perceptions of a particular phenomenon, aiming to uncover the essence or meaning behind those experiences. The choice of an exploratory research design is appropriate for this study as it allows for an in-depth exploration of the diaspora effect on teenage substance abuse patterns. By examining the interplay between migration, family dynamics, cultural factors, and substance abuse behaviours, the research design enables the researcher to uncover underlying mechanisms and causal pathways. Additionally, the phenomenological approach complements the explanatory design by providing a framework for understanding the subjective experiences of participants. By delving into the lived experiences of teenagers

affected by substance abuse, the study seeks to uncover the underlying motivations, perceptions, and meanings associated with their behaviours.

3.4 Target Population

The target population comprises teenagers residing in Harare, Zimbabwe, who are receiving rehabilitation services at Mandipa Hope Rehabilitation Centre due to drug and substance abuse issues. The target population for this study comprises teenagers residing in Harare, Zimbabwe, who are undergoing rehabilitation at Mandipa Hope Rehabilitation Centre due to drug and substance abuse issues. Adolescents in this population are facing significant challenges related to substance abuse, which may be exacerbated by the diaspora effect – the influence of migration and displacement on individuals and communities.

Harare, as the capital city of Zimbabwe, serves as a focal point for understanding the broader societal dynamics at play, including the impact of migration on substance abuse patterns among teenagers. The city's diverse population and economic disparities make it a crucial context for exploring the complexities of the diaspora effect on vulnerable youth. Teenagers receiving rehabilitation services at Mandipa Hope Rehabilitation Centre represent a subset of the broader population affected by substance abuse in Harare. By focusing on this specific group, the study aims to gain insights into the experiences, attitudes, and behaviours of teenagers grappling with substance abuse within the context of migration and displacement. Furthermore, the selection of teenagers undergoing rehabilitation at Mandipa Hope Rehabilitation Centre ensures a degree of homogeneity in terms of the severity of substance abuse issues among participants. This homogeneity allows for a more focused exploration of the diaspora effect on substance abuse behaviours and facilitates the identification of common themes and patterns within the data. The researcher shall also target key informants like psychologists and social workers who are

actively involved in the recovery process of the patients this is done so as to avoid a one-sided biased research.

3.5. Sample Size

The sample size for this study consists of approximately 15 participants, selected based on their willingness to participate and their availability. The sample size for the research consists 10 teenage participants for focus group discussions and 5 key informants for face to face interview. Respectively, 10 teenage participants + 2 psychologists + 3 social workers. The sample size for this study is approximately 15 participants, selected from teenagers receiving rehabilitation services at Mandipa Hope Rehabilitation Centre in Harare and key informants. The duration of each group discussion was approximately 25 minutes for participants and key informants interview was approximately 15-20 minutes, the location of research being Mandipa Hope Rehabilitation Centre. The choice of this sample size is guided by several considerations aimed at ensuring the quality and rigor of the research findings. Firstly, qualitative research often prioritizes depth over breadth, emphasizing the richness and complexity of individual experiences rather than statistical generalizability. With a smaller sample size, researchers can engage in more in-depth exploration of participants' narratives, allowing for a comprehensive understanding of the phenomena under investigation. Qualitative research relies on purposive sampling, where participants are selected based on their relevance to the research objectives and their ability to provide rich and meaningful insights. By focusing on participants who meet specific criteria, such as being teenagers undergoing rehabilitation for substance abuse issues, the study ensures that the sample is well-suited to address the research questions. With a sample size of approximately 15 participants, researchers can continue data collection until saturation is reached, ensuring that all relevant themes and patterns are adequately explored.

3.6. Sampling Techniques

Purposive sampling and convenience sampling was employed to select participants who meet the criteria of being teenagers affected by drug and substance abuse, particularly within the context of the diaspora effect in Harare. Sampling is a procedure in which elements in a population are selected to represent the whole population. The purpose of sampling assisted the research to draw inferences about some attitude, characteristic or behaviour of the entire population. The researcher made use of purposive sampling and convenience sampling to ensure they get accurate information from the teenagers at Mandipa Hope Rehabilitation Centre. Purposive sampling allowed the researcher to target specific subgroups within the population which are of particular interest and relevance to the study. With purposive sampling, the researcher exercised judgment in selecting participants based on their knowledge, expertise, or experience related to the research topic. This ensures that the sample included individuals who can provide rich and meaningful insights into the phenomena under investigation, enhancing the depth and quality of the research findings. Convenience sampling allowed the researcher to quickly and easily access participants, especially at Mandipa Hope Rehabilitation Centre where time and resources were limited. With convenience sampling the researcher can gather data rapidly, making it ideal for studies that require quick results or need to respond to urgent issues.

3.7. Data Collection Methods

Data was collected primarily through in-depth interviews and focus group interviews, allowing for open-ended discussions and the exploration of participants' perspectives, experiences, and perceptions. Interviews were conducted at Mandipa Hope Rehabilitation Centre, ensuring a comfortable and confidential environment for participants to share their stories.

3.7.1 Focus Group discussions.

Focus Group Discussions were conducted at Mandipa Hope Rehabilitation premises for patients receiving treatment and key informants. The researcher made use of focus groups in order to identify common themes and patterns, exploring personal experiences, stimulating discussion and interaction and gathering diverse perspectives. The researcher organized a focus group discussion with a total of 10 participants, comprising 10 patients. To ensure effective and focused conversations, the researcher divided the patient participants into 2 separate groups of 5 individuals each. Each group had a duration of at least 25 minutes. Focus groups can be used within different settings as a way of collecting people's opinions on particular topics (Anthea 2020). With the use of focus groups the research resulted in diverse perspectives resulting in similar conclusions drawn from other data collection methods.

3.7.2 Face to Face interviews.

These were conducted on a one-on-one basis with 5 key informants who included 3 social workers and 2 psychologists. The duration of each interview was approximately 15-20 minutes depending on the depth of the participants responses and willingness to share their experiences. The researcher made use of one interview schedule for key informants. Face to face interviews were of significance due to the fact that it captures non-verbal cues and body language of the interviewee, built rapport and trust, allowed follow up questions and allowed contextual understanding. Therefore, these face to face interviews were a success as they allowed interviewees to be open to the research and feasible.

3.8 Data Collection Tools

The data collection tool consists of an interview schedule guide with open-ended questions, designed to elicit detailed responses from participants regarding their experiences with drug

and substance abuse, family dynamics, and the influence of the diaspora effect. The guide was piloted and refined as needed before full implementation.

3.8.1 Data Analysis

Data analysis followed the guidelines outlined by Braun and Clarke (2006) for thematic analysis, focusing on identifying patterns, themes, and insights derived from the interviews. The researcher will analyse the data systematically to ensure rigor and trustworthiness in the interpretation of findings. Braun and Clarke suggested a widely used framework for conducting and analysing thematic analysis in qualitative. Their approach outlines six stages that researchers can follow to identify, analyse and report themes in their data. This method made sure the findings were reliable in understanding the impact of the diaspora effect amongst teenagers at Mandipa Hope Rehabilitation Centre and possible solutions that can be rendered to reduce the impact of drug and substance abuse.

As outlined by Walford (2016), data analysis is delineated as the systematic process involving inspection, transformation, cleansing, and modelling of data aimed at uncovering valuable insights, facilitating conclusions, or bolstering theoretical frameworks for empirical decision-making. In this qualitative research, a thematic analysis approach was embraced for both data analysis and presentation. Brauna and Clarke have characterized thematic analysis as a versatile method that provides researchers with the flexibility to explore data through various lenses and perspectives the stages are as follows:

- **Familiarization:** Researchers immerse themselves in the data by reading and re-reading the transcripts or other sources of qualitative data. This stage helps them become familiar with the content and gain an initial understanding of the material. Braun and Clarke (2006) emphasize the significance of undergoing five stages of data analysis, commencing with the researcher

immersing themselves in the collected data. In this investigation, data was sourced from Mandipa Hope Rehabilitation Centre, and the researcher took necessary measures to familiarize themselves with it before proceeding to formulate initial codes. The research outcomes underwent scrutiny through focus group discussions and face-to-face interviews with key informants, including professionals engaged with child offenders and the offenders themselves. The objective was to obtain a thorough comprehension of the amassed data. To accomplish this, the researcher revisited the participants' recorded data and transcribed their responses systematically for subsequent analysis.

- **Generating Initial codes:** Researchers start coding the data by identifying specific ideas, concepts, or patterns that are relevant to the research question. This process involves labelling or tagging sections of the data with descriptive codes. After becoming acquainted with the data, the research advanced to the generation of initial codes, which is described as the second stage of thematic analysis according to Braun and Clarke. Following this guidance, the researcher extracted key ideas from the perceptions gathered through group discussions and interviews, aligning them with the research questions aimed at investigating the impact of the diaspora effect on teenagers at Mandipa Hope Rehabilitation. The researcher extracted pertinent features from the recorded data after becoming familiar with it. Notes were directly taken from the collected data and organized under key concepts deemed important for the study.

- **Searching for themes:** Researchers search for potential themes by reviewing and organizing the codes generated in the previous stage. They look for patterns, connections, or recurring ideas that can be grouped together to form broader themes. The third stage of thematic analysis, involves searching for themes. Given that the research findings originated from the rehabilitation centre involving key informants and patients concurrently, the researcher had to discern similar patterns from the generated codes and organize them into distinct themes,

ensuring avoidance of repetition, and ensuring each theme stood independently. Through the use of Reintegrative Theory and Labelling Theory, one may argue that during this stage, the researcher would particularly focus on identifying how labelling processes and reintegrative efforts manifest within the identified themes. This could involve examining how individuals labelled as drug addicts are either stigmatized or reintegrated into society within the thematic framework developed from the data.

- **Reviewing themes:** Researchers review and refine the identified themes. They consider how each theme relates to the dataset as a whole and assess their internal coherence and consistency. Researchers may revise, combine, or split themes during this stage to ensure the themes accurately represent the data. The themes were carefully scrutinized to eliminate any redundancies that might hinder a thorough analysis of the presented data related to this specific context. In this research, efforts were made to ensure that the themes directly pertained to the study topic, compiling them appropriately akin to the structure of the interview guide questions tailored for this investigation. This stage in Braun and Clarke's approach entailed a comprehensive review of the themes in the context of the study at Mandipa Hope Rehabilitation Centre in Zimbabwe.

- **Defining and naming themes:** At this stage researchers define the final set of themes by creating clear and concise descriptions that capture their essence. Each theme is given a name or label that represents its content and meaning. During this phase, the research selected final themes from the reviewed set, ensuring they complemented the research topic effectively. This process entailed naming each final theme and providing a definition approved as an explanatory fit for the respective theme, elucidating how they directly relate back to the research topic—specifically, the diaspora effect toward teenagers suffering from drug and substance abuse.

▪ **Writing up:** This is the final stage and researchers present their findings by integrating the themes into a coherent and meaningful narrative. This involves selecting and illustrating extracts from the data to support each theme. The report should provide a comprehensive account of the analysis process and the identified themes, while maintaining the participants' anonymity and confidentiality. Braun and Clarke, focus shifts to producing the report, a culmination of the success achieved through the preceding phases of thematic analysis. Extending beyond this final phase, thematic analysis facilitates the exploration of relationships between concepts and enables comparison with replicated data, thus substantiating its suitability for this qualitative study involving all participants. Consequently, this phase was implemented in the subsequent chapter, where the presentation of the analyzed data was guided by the principles of thematic analysis.

3.9 Ethical Considerations

Ethical considerations include maintaining confidentiality, ensuring voluntary participation, and obtaining informed consent from all participants. Participants were informed of their right to withdraw from the study at any time without consequences. Ethical considerations serve as the cornerstone of this research endeavor, ensuring that the rights, dignity, and well-being of the participants are upheld throughout the study. Central to these considerations are the following principles:

- **Confidentiality**

Whereby participants' identities and personal information are rigorously safeguarded. Measures are taken to anonymize data collected during interviews, with all identifying details removed or disguised to protect participants' privacy. This commitment to confidentiality extends to the reporting and dissemination of findings, where no identifiable information is disclosed without explicit consent from the participants. By prioritizing confidentiality, the

study aims to create a safe and secure environment for participants to share their experiences openly and honestly.

- **Voluntary participation**

This is a critical ethical consideration in this research. Participants were assured that their involvement in the study was entirely voluntary, and they retained the right to withdraw at any stage without facing any repercussions. This ensured that individuals were not coerced or pressured into participating against their will, preserving their autonomy and agency over their involvement in the research.

- **Informed Consent**

Informed consent plays a pivotal role in upholding voluntary participation, with participants provided with clear and comprehensive information about the purpose, procedures, risks, and benefits of the study. Consent forms are carefully drafted in a language and format understandable to the participants, and ample opportunity is provided for questions and clarifications before consent is obtained.

- **Dignity and worth of a client**

Respect for participants is fundamental to the ethical conduct of this research. Participants are treated with dignity, sensitivity, and empathy throughout the research process, irrespective of their backgrounds or circumstances. Researchers adopt non-judgmental attitudes and create a supportive environment conducive to open and honest communication. Participants are encouraged to share their experiences freely, with the assurance that their perspectives will be valued and respected. This respectful approach fosters trust and rapport between the researchers and participants, facilitating meaningful engagement and dialogue.

- **Do no harm**

Efforts are also made to minimize any potential harm or discomfort to participants during the research process. This includes providing appropriate support and referrals to counselling

services for participants who may experience distress or emotional discomfort while discussing sensitive topics related to substance abuse and the diaspora effect. Researchers remain vigilant to signs of distress and take proactive steps to mitigate any adverse effects of participation. By prioritizing the well-being of participants, the study aims to conduct research that is both ethical and socially responsible, contributing to the advancement of knowledge while safeguarding the interests of those involved.

3.10 Assumptions

The research is based on the assumption that the diaspora effect has a significant influence on teenagers' drug and substance abuse in Zimbabwe. This assumption suggests that there are specific factors related to the diaspora, such as cultural, economic, or social dynamic, that contribute to the drug and substance abuse issues among teenagers. It is also assumed that the diaspora connections, networks, and potential involvement in drug trafficking or access to drugs play a role in the availability and accessibility of drugs for teenagers in Zimbabwe. This assumption suggests that the diasporas experiences and practices related to drug and substance abuse influence the behaviour and choices of teenagers in Zimbabwe. Lastly this research is based on the assumption of willingness to participate in the research study and share their experiences. This assumption suggests that the participants will be open and receptive to discussing their personal struggles, treatment journeys and the potential influence of the diaspora effect.

3.11 Delimitations.

The study is delimited to teenagers receiving rehabilitation services at the Mandipa Hope Rehabilitation Centre in Harare, Zimbabwe. This geographic and institutional delimitation is justified as it allows the researcher to focus on a specific population of interest - those affected

by the diaspora effect and seeking rehabilitation for drug and substance abuse. The study is further delimited to teenagers between the ages of 13 and 19 with diaspora connections only. This age range delimitation is justified as it allows the researcher to focus on the unique developmental and psychosocial challenges faced by this specific segment of the adolescent population.

The study is delimited to teenagers whose parents have specifically left for the diaspora, rather than including those with other forms of parental absence or family disruption. This delimitation is justified to ensure a clear and consistent focus on the specific phenomenon of the diaspora effect and its impact on teenage drug and substance abuse. The study is delimited to specific types of drug abuse that the patient participants were taking, rather than examining a broader spectrum of substance abuse issues. This delimitation is justified to ensure the feasibility and manageability of the research project, as well as to provide a more focused examination of the problem.

The study is delimited to the use of interviews and focus groups as the primary data collection methods, rather than employing a broader range of techniques. This delimitation is justified to ensure the depth and richness of the qualitative data, as well as to align with the study's focus on exploring the lived experiences and perspectives of the target population. The researcher has clearly justified these delimitations in the context of the study's aims and objectives, as well as the practical considerations of conducting the research. However, the researcher also acknowledges the potential limitations of these delimitations, such as the impact on the generalizability and comprehensiveness of the study's findings.

It is important to note that the study is not exclusively focused on teenagers with diaspora connections, as the information provided indicates that the Mandipa Hope Rehabilitation Centre serves a broader population of teenagers struggling with drug and substance abuse. The

researcher's focus on the diaspora effect is a specific aspect of the study, rather than the sole focus.

3.12 Limitations

.One of the key limitations of the study was the time constraints, which restricted the depth and breadth of the data collection and analysis. To address this, the researcher allocated more time for the research project. This involved extending the overall timeline of the study or dedicating additional resources to data collection and analysis. By expanding the research period, the researcher was able to gather more comprehensive data, allowing for a more thorough exploration of the diaspora effect and its impact on teenage drug and substance abuse in Zimbabwe.

The subjective nature of qualitative research introduced the potential for researcher bias in the interpretation of the data. To mitigate this limitation, the researcher employed several strategies. Firstly, they involved multiple researchers or a team approach to the data analysis process. By having multiple perspectives and interpretations, the researcher can reduce the influence of individual bias and gain a more well-rounded understanding of the phenomena. Additionally, the researcher utilized triangulation of methods, combining qualitative and quantitative data, to provide a more comprehensive and balanced view of the research problem. The study could have been limited by a small sample size, which can reduce the statistical power and the generalizability of the findings. To address this, the researcher expanded the sample size of the study. This may involve recruiting a larger number of participants or employing more inclusive sampling techniques to ensure the sample is representative of the target population. By increasing the sample size, the researcher possibly enhanced the statistical power of the study and improve the ability to generalize the findings to a broader context.

The study was limited by the lack of a control group of teenagers without parental migration experiences for comparison. To address this, the researcher incorporated a control group into the research design. This enabled the researcher to differentiate the effects of parental migration from other potential confounding factors, strengthening the internal validity of the study. By including a control group, the researcher can draw more robust conclusions about the specific impact of the diaspora effect on teenage drug and substance abuse.

The study's reliance on self-reported data from respondents was subject to bias, as participants' responses can be influenced by various factors, such as social desirability or memory lapses. To address this limitation, the researcher incorporated additional data sources to validate the self-reported information. This included accessing medical records, behavioural observations, or other objective measures to corroborate the findings. Additionally, the researcher employed strategies to encourage candid and honest responses from participants, such as ensuring confidentiality and anonymity, to minimize the impact of response bias.

By addressing these limitations, the researcher enhanced the rigor, validity, and generalizability of the study, ultimately providing a more comprehensive understanding of the diaspora effect and its implications for teenage drug and substance abuse in Zimbabwe.

3.13 Chapter Summary

The qualitative research methodology outlined in this chapter will facilitate a comprehensive exploration of the diaspora effect on teenage drug and substance abuse in Zimbabwe. By employing in-depth interviews and thematic analysis, this study aims to uncover nuanced insights that contribute to the understanding of this complex social phenomenon. Ethical considerations will guide the research process to ensure the protection of participants' rights and confidentiality.

CHAPTER 4:

DATA ANALYSIS AND PRESENTATION

4.0 Introduction

The study focused on the diaspora effect towards teenagers suffering from drug and substance abuse. The study was guided by the four objectives which include: To examine the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare; to investigate the socio-cultural factors associated within the diaspora community in mitigating substance abuse issues among teenagers in Harare; To identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare. To develop strategies for targeted prevention and intervention strategies that take into account the unique challenges faced by teenagers in Harare affected by the diaspora effect and their substance abuse issues. This chapter focuses on analysing, presenting, as well as discussing the research findings that were carried out at Mandipa Hope Rehabilitation Centre using semi structure interviews and focus group.

Furthermore, the chapter outlines interpretation of the data collected from 10 patient participants and five key informants who are health service providers at Mandipa Hope Rehabilitation Centre. Also, this section aims to analyse and discuss the research findings at Mandipa Hope rehabilitation centre in Harare. The researcher was considering research ethics during the research so as to respect and protect individuals. An analysis was done using thematic data analysis in the discussion of findings.

4.1 Demographic Information of participants

4.1.1 Demographic of total participants

Table 1 Total participants

| Participants | Intended | Actual | Total |
|----------------|----------|--------|-------|
| Girls | 5 | 5 | 5 |
| Boys | 5 | 5 | 5 |
| Key Informants | 5 | 5 | 5 |
| Total | 15 | 15 | 15 |

N=15s

The table above shows that the total number of participants was fifteen. The participants were 5 boys and 5 girls to ensure a gender balanced analysis and understand the perspectives of both boys and girls on the diaspora effect on drug and substance abuse amongst teenagers so both boys and girls were targeted to get accurate information. Five key informants three males and two females from Mandipa Hope Rehabilitation Centre. The targeted number of women and key informants was achieved.

4.1.2 Age range of participants

Table 2 Age range of patient participants

| Age | Females | Males | Total |
|-------|---------|-------|-------|
| 13-14 | 2 | 2 | 4 |
| 15-16 | 1 | 1 | 2 |
| 17-18 | 2 | 2 | 4 |
| | | | |

Table 3 Age of key informant participants

| Age | Males | Females | Total |
|-------|-------|---------|-------|
| 30-39 | 1 | 0 | 1 |
| 40-49 | 1 | 1 | 2 |
| 50-59 | 1 | 1 | 2 |

Age analysis is significant in research studies, (Watts and Robertson, 2015). because it helps the researcher to understand different behaviours of the population.

The above tables illustrate the age range of the individuals who participated in the research for both key informants and patients.

4.2 Demographic information

According to Hayes (2022), demographic analysis is the study of population based on factors such as age, race and sex. Demographic data refers to socioeconomic information expressed statistically, including employment, education, income, marriage rate, birth and death rates, Hayes (2022). The researcher asked for demographic information to know how influential the participants background characteristics are to the research study in question.

4.2.0 Gender distribution

The researcher questioned gender characteristics of participants to avoid gender biased outputs on this issue of diaspora effect on teenager's drug abuse.

Fig 4.0 Gender distribution

Table 4

| Female | Male | Total |
|--------|------|-------|
| 7 | 8 | 15 |

Source: Primary data

The table above indicates gender participants of 7 females and 8 males from the parastatals in Zimbabwe under the study. This shows that more information was obtained from males compared to females. There is gender disparity, however, the gap is not big and it had very little impact on the quality of the results.

4.2.1 Work experience for key informants

Shukla, Shahane and D'Souza (2017), questioning about work experience helps the researcher to understand the level of knowledge the population has. **Table 4.2**

| Duration (years) | 0-3 | 4-6 | 7-10 | Totals |
|---------------------|-----|-----|------|--------|
| Frequency | 1 | 2 | 2 | 5 |

Source: Primary data

The table above indicates that one the of workers has between 0-5 years of work experience, two between 6-10 years, one between 11-15years and two with 16years and above work

experience. The workers at the rehabilitation centre have experience in handling all kinds of teenagers suffering from drug abuse.

4.2.3 Qualifications for Key informants

The researcher understands that one's qualifications determines his/her level of knowledge.

The figure below shows the participants qualifications.

| Designation | Gender | Organisation | Years of Experience | Qualifications |
|--|--------|------------------------------------|---------------------|--|
| Clinical social worker | Female | Mandipa Hope Rehabilitation Centre | 10 | <ul style="list-style-type: none"> • Bachelor's degree in social work • Masters in counselling |
| Healthcare social worker | Male | Mandipa Hope Rehabilitation Centre | 3 | <ul style="list-style-type: none"> • Bachelor's degree in social work |
| Rehabilitation counselor (social worker) | Female | Mandipa Hope Rehabilitation Centre | 6 | <ul style="list-style-type: none"> • Bachelor's degree in social work |
| Clinical Psychologist | Male | Mandipa Hope Rehabilitation Centre | 5 | <ul style="list-style-type: none"> • Bachelor's degree in psychology • Masters in social work |

| | | | | |
|--------------------------|------|--|---|---|
| Resident Psychologist | Male | Mandipa Hope Rehabilitation Centre | 8 | <ul style="list-style-type: none"> • Bachelor's degree in psychology • Masters in counselling |
|--------------------------|------|--|---|---|

The table above illustrates the qualifications of the key informants, their current working positions, under occupation. These qualifications illustrated from the table justifies relevance of participants in this research as they are well educated to provide relevant and valid information. Some of the key informants have worked for quite some time in rehabilitation centres and not only Mandipa Hope which gives diverse and in-depth information.

4.3 Qualitative Data Presentation

The aim of the study was to explore the diaspora effect towards teenagers suffering from drug and substance abuse in Harare. The researcher managed to get the required information through focus group discussion with the boys and girls and semi structured interviews with key informants. Data was recorded on a mobile phone and notes were taken for easy retrieval. The researcher used four study objectives to gather participant responses by matching participant responses to match study objectives. The researcher made use of purposive sampling in selecting the key informants and focus group in order an exploratory research. The researcher also used thematic analysis to analyse data, and responses that were nearly identical were grouped into one theme . The use of thematic analysis in qualitative data presentation allowed the researcher to present the findings in a clear and coherent manner.

4.4: The influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare.

The prevalence and patterns of substance abuse among teenagers in Harare were gathered from interviews and focus group discussions conducted at Mandipa Hope Rehabilitation Centre, a reputable institution specializing in substance abuse treatment in Harare. The data revealed a concerning prevalence of substance abuse among teenagers, with a variety of substances being abused, including alcohol, marijuana, and synthetic drugs. Many teenagers admitted for treatment at the rehabilitation centre reported exposure to drugs and substances due to various socio-economic and cultural factors, including the diaspora effect. These factors contribute to the initiation and continuation of substance abuse behaviours among teenagers in Harare. The diaspora effect exerts a significant influence on teenagers in Harare, as revealed through interviews and focus group discussions.

4.4.1 Economic pressures and stress

Economic pressures and stress resulting from migration can strain households, contributing to increased anxiety and depression among teenagers. As a result, a number of teenagers have resulted to be suffering from pressures and stresses disorders like Major Depression Disorder, Generalized Anxiety Disorder, Persistent Depression Disorder these are caused due to pressures and stress due to economic challenges. Parental migration for economic reasons can also create financial hardships and instability, adding stress and pressures that increase substance abuse risk. One participant agreed with the view that:

When my parents moved abroad for better job opportunities, the remittances they sent back home were the only thing keeping our family afloat. But it was never enough. The constant financial strain and worry about making ends meet took a huge toll on me it

became my major stress. I started using drugs as an escape from all that stress and pressure.

A resident psychologist applauded that economic stress and pressures have led to drug and substance abuse as he stated that:

In my experience working with patients at this rehabilitation centre, the economic strain and financial insecurity created by the diaspora effect is a major contributing factor to substance issues. Many of our clients come from families where one or both parents had to leave to find work in other countries, leaving the family back home to rely on remittances.

The study brought out a clear picture of how poverty, financial constraints and other forms of economic pressures are strongly associated with high rates of drug use and addiction. Most respondents agreed that these stand as key factors to drug and substance abuse. In such circumstances, substance abuse may be viewed as a coping mechanism.

4.4.1.1 Emotional and Psychological impacts

Separation from parents can cause significant trauma, depression and anxiety in teenagers, elevating their risk of turning to drugs and alcohol as coping mechanisms. A male patient participant agreed to this as he stated that:

It has been really hard having my parents living and working overseas. I know they are doing it to support our family, but it has left me feeling so alone abandoned a lot of the time. When they were still around they would talk to me and help me through problems. But now, I only get to see them for a few weeks a year when they come back home to visit. Even then its like we have grown apart, I do not feel like I can open up to them the way I used to. A lot of the people I took drugs with are in the same situation with one

or both parents working abroad. That is how we came to understand each other and we turned to drug and substance abuse to numb the pain.

Therefore, the desire to comfort each other with others whose parents are also in the diaspora leave to making bad decisions as they try to numb the feelings of loneliness and abandonment.

4.4.1.2 Disruption of social capital and community resilience:

The exodus of parents leaves many teenagers without traditional sources of social capital, like community elders, teachers and religious leaders who can provide guidance and positive role models. A psychologist also emphasized on this view as he stated:

The emigration of parents to the diaspora has had a profound destabilizing effect on community level support structures that traditionally helped guide and protect Harare's youth. When parents leave, teenagers often find themselves without the web of social capital that used to surround them. Community elders, teachers, religious leaders and other respected figures who could previously provide mentorship, accountability and positive role models are no longer accessible. This erosion of social capital leaves many teenagers feeling isolated and unsupported during a critical developmental period.

This erosion of community-level support structures makes it more difficult to build the social and institutional resilience needed to prevent and address youth substance abuse.

4.5 Socio-Cultural Factors Associated with the Diaspora Effect

Socio-cultural factors associated with the diaspora effect can be summarized into various categories which are cultural dislocation, changing patterns of leisure and recreation and peer pressure. These socio-cultural factors influence the experiences of teenagers that are left

behind whilst parents or guardians migrate to the diaspora. Socio-cultural factors affect the experiences of children left behind, their relationships with their parents and caregivers, and their overall well-being.

4.5.1 Cultural dislocation

The socio-cultural factors associated with the diaspora effect have a profound impact on substance abuse issues among teenagers in Harare. Interviews, focus group discussions and scholarly literature reveal that cultural dislocation resulting from migration contributes to a sense of confusion and identity crisis among teenagers. A social worker at the rehabilitation centre stated that:

As a social worker at a rehabilitation centre, I have seen firsthand how the sense of confusion and loss of identity stemming from the diaspora effect can lead teenagers into drug and substance abuse. This loss of identity and belonging can foster feelings of profound isolation and anxiety within the youth. Unsure of where they truly fit in, some turn to drug and alcohol use as a misguided attempt to self-medicate resulting in disorders like SIP in order to cope with these challenging emotions.

One of the participants in the focus group discussion also shared the same sentiments by stating that:

As I got deeper into substance abuse, I also found a sense of belonging and identity within the circles of other young people who were grappling with similar challenges. We bonded over our shared experiences of family fragmentation and lack of community. But this toxic peer group only reinforced my self-destructive behaviours.

The study brought out that the migration of parents may expose teenagers to different cultural values and behaviours and can create a disconnect between teenagers and their cultural heritage, leaving them in a sense of confusion and loss of identity, thus they become vulnerable to adopting risky behaviours such as substance abuse.

4.5.2 Peer pressure

Additionally, peer groups formed in the absence of parental guidance may further reinforce substance abuse behaviours among adolescents, as teenagers seek acceptance and validation from their peers. A male patient participant receiving treatment at Mandipa Hope Rehabilitation Centre stated that:

When my family relocated abroad for economic reasons, I was uprooted from the community and social circles I had known my whole life. Suddenly, I found myself trying to navigate a new environment, culture and education system, all the while feeling completely isolated and alone. In this state of vulnerability, I desperately craved a sense of belonging and acceptance. I began to make friends with others who were in similar situations, we bonded but these peer groups later on led me into substance abuse as a way to escape my feelings and in order to fit.

Moreover, peer groups perpetuate substance abuse among teenagers who are left behind in order to fit the micro system of an individual. Communication channels between parents or relatives abroad and teenagers may be limited, leading to a lack of guidance and supervision regarding sensitive issues like substance abuse. As a result, teenagers may turn to substances as a means of coping with stress, fitting in with peers, or rebelling against cultural norms.

4.5.3 Changing patterns of leisure and recreation

The need for the teenagers left behind to be up to date with their diaspora parents or relatives' lifestyle so that they do not end up feeling as if they are backward has led to the disconnection from local cultural activities and the influx of new diaspora influenced entertainment options. This has paved way for substance abuse as they neglect their local cultures and try to fit in. A social worker at the rehabilitation centre stated:

From my experience at this rehabilitation centre with the increasing diaspora influence, we have noticed a concerning trend of teenagers gravitating towards foreign media, substances, and other forms of entertainment that are disconnected from their local cultural traditions because they would want to blend in with their relatives from the diaspora. Hence, they end up getting themselves involved in drug and substance abuse

4.6. Role of Family Dynamics and Support Networks within the Diaspora Community

Family dynamics and support networks within the diaspora community play a crucial role in mitigating substance abuse issues among teenagers in Harare. Interviews, and focus group discussions highlight the diverse experiences of families affected by migration and displacement. While some families maintain strong connections and provide support to teenagers left behind, others experience fragmentation and dysfunctionality due to the stress of migration and economic challenges. Positive family relationships and effective communication channels emerge as essential factors in addressing substance abuse proactively among teenagers. Further examination of family dynamics within the diaspora community reveals varying levels of support and supervision provided to teenagers in Harare. Some families actively maintain communication and involvement in their teenagers' lives despite being separated by migration. These families offer guidance, emotional support, and positive role

modelling, which can serve as protective factors against substance abuse. Conversely, families experiencing fragmentation or dysfunctionality due to migration-related stress may struggle to provide adequate support and supervision to teenagers, leaving them more vulnerable to substance abuse.

4.6.1 Absence of parental figures

Moreover, the absence of parental figures due to migration leads to a lack of supervision and guidance, leaving teenagers vulnerable to negative influences from peers or external sources, including substance abuse. One of the participants in the focus group discussion also stated that:

Growing up, my parents were often away working abroad to support our family. I felt very alone and missed having them around. Without their guidance and emotional support, I started to keep myself occupied through social media which gave me ideas of abusing drugs through movies and music. That is when I first got involved in drugs and alcohol, it was a way for me to cope with the loneliness and lack of parental presence in my life.

The other participant in the focus group discussion also shared the same sentiments by stating that:

My parents immigrated to another country when I was young, leaving me and my siblings with relatives. I never really had that close bond and sense of security that comes from having your parents around. As I got older, I started acting out and making poor choices, like getting into drugs. I think I was subconsciously trying to fill that void left by my absent parents.

Moreover, the absence of parental figures due to migration may lead to feelings of isolation and abandonment among teenagers in Harare. This emotional distress can contribute to a sense of disconnection from familial and social networks, increasing the likelihood of engaging in risky behaviours such as substance abuse. Economic pressures faced by families left behind may exacerbate these challenges, further straining familial relationships and support systems.

4.6.2 Role Model Influence

One notable impact is the role model influence of family members who have migrated abroad. Many teenagers view these relatives as aspirational figures, often unaware of the negative behaviours associated with substance abuse cultures that may be normalized or glamorized by their overseas relatives. A social worker in an in-depth interview stated that:

As a social worker at a rehabilitation centre, I have seen first hand how family members who have gone to the diaspora have a significant impact on issues like drug and substance abuse. In most cases those that go to the diaspora become opinion leaders to the teenagers left behind and when they go abroad they indulge in drugs and substance abuse this can send a harmful message that substance abuse is acceptable or even expected within society, how it acts as a stress reliever and how drug and substance abuse is a wealth indicator and can be glamourized. Impresssionable young people may look up to these role models and see substance abuse as a way to fit in or emulate their success.

The absence of parental figures further exacerbates this vulnerability, as teenagers may lack the support and guidance necessary to make informed decisions about substance use hence suffering from cultural dissonance.

4.6.3 Alternative support systems

In the absence of their parents, teenagers may seek out alternative support systems these could be social media, peers, school amongst others and they will lack the ability to filter between right and wrong. Therefore, substance abuse becomes inevitable. A patient in the focus group mentioned that:

When my parents left for the diaspora, the school became my home and media became my family. My schoolmates gave me pressure to experiment with drugs in-order to feel how it is to be high, this as my home because I was in boarding school I began to experiment with drugs whilst watching movies and listening to music that would motivate us to keep on doing drugs.

Therefore, the findings clearly outlined the importance of effective and positive support systems.

4.7 Recommendations for targeted prevention and intervention strategies .

Providing recommendations involves the critical task of synthesizing the study's findings to develop targeted prevention and intervention strategies that address the unique challenges faced by teenagers in Harare affected by the diaspora effect and substance abuse issues. The key recommendations made by respondents are the following: community-based interventions, family interventions and advocacy for policy changes and increased resource allocation towards substance abuse.

4.7.1 Family interventions

The major way family intervention can be effective is by addressing the family dynamics and relationships that may be contributing to or enabling the substance abuse. This was supported by a social worker at the rehabilitation centre when she stated:

As a social worker , based on my assessment on various situations, I believe family involvement and intervention could be a crucial component of a patient's recovery plan. For example, we know substance abuse often stems or is exacerbated by dysfunctional family dynamics things like poor communication, unresolved conflicts, co-dependent relationships amongst others. Therefore, by engaging the family in the treatment process, we have an opportunity to address these underlying issues that may be driving or enabling the substance abuse. Through family counselling and therapy sessions we can work to improve family involvement which increases accountability and motivation for change.

By strengthening family relationships , improving family functioning and engaging family in the recovery process, family intervention can be a powerful tool.

4.7.2 Advocacy for policy changes and increased resource allocation towards substance abuse prevention.

Advocating for evidence-based policy changes and securing resources for prevention programs can create the systemic conditions necessary to effectively address substance use disorders and promote community wellbeing. A social worker in an interview also suggested that:

I would strongly emphasize on advocating for policy changes and increased resource allocation towards drug and substance abuse prevention and treatment. Emphasizing mainly on addressing the drug and substance abuse crisis requires a holistic, evidence-

based approach that combines expanded access to treatment, robust prevention efforts, harm reduction strategies and a focus on the social determinants of health.

Therefore, advocacy for policy changes and increased resource allocation is crucial to creating the systemic change necessary to support individuals, families and communities affected by substance use disorders.

4.7.3 Community based interventions.

Implementing community-based interventions can create a comprehensive, evidence-based approach to substance abuse prevention that addresses the unique needs and strengths of local context. A psychologist mentioned:

I would recommend community-based interventions for substance abuse prevention. The key interventions being strengthening community coalitions, implement school-based initiatives, utilize public awareness campaigns and engage youth and families to reduce drug and substance abuse.

These community-based interventions are crucial as they form a basis of the exosystem of an individual hence if positively implemented it results in positive behaviour for an individual leading to the reduction of drug and substance abuse.

4.8 Discussion of findings

The research study focused on the diaspora effect towards teenagers suffering from drug and substance abuse. It was guided by the objectives which include the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare; the socio-cultural factor associated with the diaspora effect and their impact on substance abuse behaviours among teenagers in Harare; to identify the role of family dynamics and support

networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare; to develop recommendations for targeted prevention and intervention strategies that take into account the unique challenges faced by teenagers in Harare affected by the diaspora effect and their substance abuse issues. The researcher managed to interview five boys and five girls who were patient participants and five key informants three males and two females. The researcher conducted a focus group discussion for patient participants and face to face interview for the key informants, using semi structured interviews. Using the findings which were presented above, the researcher managed to understand all research objectives.

The objectives guided the researcher to discuss the findings. Based on the first objective which seeks to examine the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare. Economic pressures and stress resulting from migration can strain households, contributing to increased anxiety and depression among teenagers. As a result, a number of teenagers have resulted to be suffering from pressures and stresses disorders like MDD, GAD, PDD these are caused due to pressures and stress due to economic challenges. Parental migration for economic reasons can also create financial hardships and instability, adding stress and pressures that increase substance abuse risk. The idea of economic challenges concurs with Mapuranga (2019) who also explains how lack of monetary resources has mislead teenagers into drug and substance abuse as a way to escape thoughts of poverty.

The systems theory compliments the view in that economic constrains and disruptions to the family system increase the risk factors for teenage substance abuse, ultimately the systems theory provides a holistic, interconnected view of how economic pressures stemming from the diaspora can translate into public health issues like PTSD, MDD, GAD and PDD. The researcher therefore underlines that parents who have migrated abroad should be able to provide enough financial support to their children The diaspora effect influences teenagers in

Harare in different ways when it comes to substance abuse. Families left behind often face money problems, which can make teenagers feel stressed and lead them to use drugs to cope. The study brought out that the absence of parental figures due to the diaspora effect can have significant negative impacts that can contribute to an individual's involvement in drug and substance abuse. The research concludes that absence of parents plays a pivotal role in the influence of diaspora on the prevalence and patterns of substance abuse.

Based on the second objective the socio-cultural factor associated with the diaspora effect and their impact on substance abuse behaviours among teenagers in Harare. The findings highlight the intricate relationship between socio-cultural factors and substance abuse behaviours among teenagers in Harare. Cultural dislocation, peer influence, and the transmission of values and behaviours from diaspora communities all contribute to the vulnerability of teenagers to substance abuse. This concurs with Chisango (2017) who presents how teenagers are influenced by their diaspora relatives may grapple with a sense of cultural dissonance. All this reveals how cultural dissonance has led the young generation in confusion leaving them vulnerable to drug and substance abuse. This is supported by the ecological systems theory as it explains how the microsystem shapes an individual's behaviour therefore if the family exposes an individual to unethical and toxic cultural norms, values and traditions they will end up indulging in deviant behaviours and in this case drug and substance abuse. Therefore, there is need for multi-prolonged, holistic interventions in order for drug and substance abuse the micro system should provide a positive impact of cultural attitudes towards substance use, gender norms, and stigma. Understanding these factors is crucial for developing targeted interventions that address the root causes of substance abuse and promote resilience among teenagers in Harare. By fostering a sense of cultural pride, providing support networks, and facilitating open communication within families, stakeholders can empower teenagers to make informed decisions and resist negative influences related to substance abuse.

Based on the third objective to identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers. The findings underscore the significance of family dynamics and support networks in shaping teenagers' experiences with substance abuse in Harare. The study brought out that the absence of parental figures due to the diaspora effect can have significant negative impacts that can contribute to an individual's involvement in drug and substance abuse. Scholarly reviews also concur with this idea, Mukanya and Mlambo (2021) who highlight the role of social media and technology often used by diaspora communities' relatives to communicate with their families back home, is exposing teenagers to substance-related content and behaviours. Thereby linking with the social learning theory by Albert Bandura the media is then left to socialize these teenagers in the absence of the parents, hence the social learning theory explains how individuals learn by observing and learning from social media, in this case social media exposes them to content that applauds and influences them into drug and substance abuse. The research concludes that absence of parents plays a pivotal role in the influence of diaspora on the prevalence and patterns on substance abuse. Therefore, strong family connections and support systems can provide teenagers with the guidance, supervision, and emotional support necessary to resist negative influences and make healthier choices. Conversely, families experiencing fragmentation or dysfunctionality may struggle to provide adequate support, leaving teenagers more vulnerable to substance abuse.

Interventions aimed at addressing substance abuse among teenagers in Harare must therefore prioritize strengthening family relationships and support networks within the diaspora community. This concurs with Chigwedere (2016) who argues that by fostering positive family dynamics and facilitating open communication channels, stakeholders can empower families to address substance abuse issues proactively and provide teenagers with the support they need to navigate the challenges of adolescence.

Additionally, community-based initiatives that provide resources and support to families affected by migration can play a crucial role in promoting resilience and reducing the risk of substance abuse among teenagers in Harare. Based on the last objective which is developing recommendations for targeted prevention and intervention strategies. According to the research findings it is recommended for family-based interventions that strengthen communication, bonding and parental involvement. This concurs with Chisango and Ncube (2022) who present that workshops or counselling sessions for families to address topics such as effective communication strategies, setting boundaries and recognizing warning signs of substance abuse. This is of great relevance as it empowers parents and caregivers with tools to support their teenagers can create a protective environment within the home. This goes hand in hand with the ecological systems theory which suggests that the family is important as it is the immediate relationship that shapes an individual's development and behaviour hence it plays a crucial role it is important for the family to guide the development of their personality and behaviour patterns. The data obtained from a specialized institution like Mandipa Hope Rehabilitation Centre ensures the credibility and relevance of the influence of the diaspora effect on substance abuse behaviours and the intervention strategies to be implemented. Consequently, interventions aimed at addressing substance abuse among teenagers in Harare must take into account the influence of familial and social networks on teenagers' attitudes and behaviours towards substance use. By providing support, education, and resources to both teenagers and their families, stakeholders can empower them to resist negative influences and make healthier choices regarding substance use.

4.9. Chapter Summary

The chapter indicates and presents the findings of the research including demographic information of the participants, as they were guided by the research objectives which examined

the prevalence and patterns of substance abuse among teenagers, investigate the socio-cultural factor associated with the diaspora effect, to identify family dynamics and support networks within the diaspora community and the influence of the diaspora effect on substance abuse behaviours. Prior to the conclusion of the chapter findings were also, according to objectives.

CHAPTER 5:

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter aims to summarize the study findings on investigating the diaspora effect towards teenagers suffering from substance and drug abuse. It presents conclusions from the research findings namely to examine the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare, to investigate the socio-cultural factors associated with the diaspora effect and their impact on substance abuse behaviors among teenagers in Harare; to identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare; to develop recommendations for targeted prevention and intervention strategies that take into

account the unique challenges faced teenagers in Harare affected by the diaspora effect and their substance abuse issues for further use in the study of drug and substance abuse.

5.2 Summary of Findings.

The previous chapters discussed the background of study, literature review, methodology and the data presentation, analysis and discussion. The research study pursued to probe the diaspora effect toward teenagers suffering from drug and substance abuse. The study was carried out in Mandara at Mandipa Hope Rehabilitation Center. The study was guided by four objectives which are; to examine the influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare; to investigate the socio-cultural factors associated with the diaspora effect and their impact on substance abuse behaviors among teenagers in Harare; to identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare; and to develop recommendations for targeted prevention and intervention strategies that take into account the unique challenges faced by teenagers in Harare affected by the diaspora effect and their substance abuse issues. Frameworks like the social learning theory and ecological systems theory were used as the guiding framework to the study. The research study made use of qualitative approach, to collect qualitative data, the researcher made use of semi-structured interviews and focus groups. Five boys and Five girls between 13-19years were the patient participants, five key informants, three males and two females from different departments like three social workers and two psychologists were interviewed to gather data making use of purposive sampling.

5.2.1 Influence of the diaspora effect on the prevalence and patterns of substance abuse among teenagers in Harare.

The study findings highlighted that the diaspora effect whereby parents or guardians migrate to the diaspora leaving behind their teenage children behind has drastically led most teenage children into drug and substance abuse. Due to the fact that these children will end up facing economic pressures, cognitive dissonance, emotional and psychological impacts like mental health issues and disruption of social capital and community resilience which results to lack of proper moral education or guidance. Therefore, due to these factors it becomes inevitable for these vulnerable group of teenagers to be involved in drug and substance abuse making use of ‘*mutoriro*’, mbanje, and alcohol. Hence social workers suggested that to minimize drug and substance abuse protective factors like social support is needed.

5.2.2 Socio-cultural factors associated with the diaspora effect and their impact on substance abuse behaviors among teenagers in Harare.

The study brought out that, the diaspora effect in Harare has led to a significant number of parents leaving their children behind to seek better opportunities abroad. Socio-cultural factors associated with this phenomenon that may impact substance abuse behaviors among teenagers in Harare include, cultural dislocation, peer pressure, changing patterns of leisure and recreation. These factors contribute to increased substance abuse behaviors among teenagers, linking with the social learning theory these teenagers learn foreign cultures, issues of cultural hybridity from peers and the changing patterns of leisure also arise, hence living a confused generation of teenagers which is vulnerable to drugs.

5.2.3 The role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers in Harare.

The study revealed that the family dynamics and support networks within the diaspora play a crucial role in mitigating issues of drug and substance abuse especially amongst teenagers being a vulnerable group. The face to face interviews and focus group discussions highlight the diverse experiences of families affected by migration and displacement. While some families maintain strong connections and provide support to teenagers left behind, others experience fragmentation and dysfunctionality due to the stress of migration and economic challenges. Positive family relationships and effective communication channels emerge as essential factors in addressing substance abuse proactively among teenagers. Further examination of family dynamics within the diaspora community reveals varying levels of support and supervision provided to teenagers in Harare. Some families actively maintain communication and involvement in their teenagers' lives despite being separated by migration. These families offer guidance, emotional support, and positive role modelling, which can serve as protective factors against substance abuse. Conversely, families experiencing fragmentation or dysfunctionality due to migration-related stress may struggle to provide adequate support and supervision to teenagers, leaving them more vulnerable to substance abuse. The society as another support network perpetuates an increase in drug and substance abuse on teenagers who are affected by the diaspora migration as it fails to be opinion leaders and role models of these teenagers, the people in society are also the ones in supply of drugs, societal pressures, offers poor secondary socialization and it fails to put sanctions or punishments for such deviant acts. However, upon identifying the role of the society the study closely linked it to the ecological systems theory by Bronfenbrenner which highlights how family and other support networks compliments an individual's behavior.

5.2.4 Targeted prevention and intervention strategies to address challenges faced by teenagers affected by the diaspora effect and substance abuse issues.

The findings of the research offer a number of prevention and intervention strategies to address challenges faced by teenagers affected by the diaspora effect and substance abuse issues. The key strategies are community-based interventions, family interventions, advocacy for policy changes and increased resource allocation towards substance abuse. Family-based interventions help strengthen communication, bonding and parental involvement. A social worker during an interview suggested counselling sessions for families to address topics such as effective communication strategies, setting boundaries and recognizing warning signs of substance abuse. The family should also be able to provide protective factors for these children and provide positive role modelling. Community-based interventions are also crucial for sustained prevention efforts, by conducting cultural events, religious institutions and culturally sensitive counselling sessions that provide teenagers with a safe space to vent out their issues to promote a united way to curb drug and substance use. These community interventions are very important according to the ecological systems theory as they pressure individuals into drug and substance abuse hence involving them in these interventions help solve drug and substance abuse challenges from its grassroots level. The other measure advocacy for policy changes and increased resource allocation towards substance abuse is essential. Advocacy for policy changes and increased resource allocation towards substance abuse caused by the diaspora effect, through developing and disseminating policy briefs outlining recommended changes and resource allocations. Advocacy efforts can effectively push for policy changes and resource allocation to address substance abuse among young adults affected by parental migration to the diaspora.

5.3 Conclusions of the study

Deducing from the findings of the research, the study arrived at the following conclusions;

The Diaspora effect has a great impact on drug and substance abuse especially to teenagers who are left behind by their parents. The study brought out that the diaspora effect has a huge influence on the prevalence and patterns of substance abuse among teenagers, the patterns reveal a complex interplay of factors including peer pressure, economic pressures and other environment factor. As we strive to address this critical issue, it is essential to adopt a comprehensive approach that encompasses education, family-based interventions, the government should provide strong support and monitoring to these teenagers left behind by providing social workers who make sure these people are in a safe place and also educate them and promote capacity building that promotes overall health and resilience. By working together, we can effectively mitigate the harms of substance abuse and nurture a healthier, brighter future for the young generation. The study illuminated the complex interplay of socio-cultural factors associated with the diaspora experience and their profound impact on substance abuse behaviors among teenagers. The findings concludes, and underscore the critical need for culturally sensitive interventions that address the unique challenges faced by teenagers left behind, including cultural dislocation, family dynamics and social isolation. By acknowledging and addressing these factors, we can develop effective strategies to mitigate the risks of substance abuse and promote resilience and well-being among these vulnerable teenagers. Ultimately this research highlights the importance of considering the socio-cultural context in which teenagers who are victims of the diaspora effect navigate their identities, relationships and environments, and its profound implications for their health and wellbeing.

The study poignantly revealed the vulnerability of teenagers left behind by their parents in the diaspora and the crucial role that family dynamics and support networks play in mitigating substance abuse issues among this vulnerable population. The findings conclude the importance of maintaining emotional connections and support systems across geographical distances, and the need for targeted interventions that address the unique challenges faced by teenagers left behind teenagers. The government should therefore employ social workers who help strengthening family bonds, fostering community support and providing access to mental health resources this can help reduce the risk of substance abuse and well being of teenagers, even in the absence of their parents. Ultimately the research highlights the need for a comprehensive approach that addresses the intergenerational impact of diaspora on family dynamics. In conclusion the study recommends that young people left behind by their parents in the diaspora be offered supportive networks, access to mental health resources and government policies that ensure security.

5.4 RECOMMENDATIONS

The research intended to investigate the diaspora effect towards teenagers suffering from drug and substance abuse in Zimbabwe. This section therefore provides recommendations which may assist in the reduction of the effects creating a better society. Therefore, following the above conclusions the below recommendations are given:

Teenagers whose parents have migrated to the diaspora should receive education and awareness programs that address the emotional impact of parental migration and its potential link to substance abuse, provide accurate information about drugs and substance abuse, foster coping skills and resilience strategies, promote healthy relationships and support networks, encourage open communication and problem-solving skills. This education should be tailored

to their unique circumstances, empowering them to make informed choices and develop healthy habits, reducing the likelihood of substance abuse as a coping mechanism for the challenges they face due to parental migration.

The government can help teenagers involved in drug and substance abuse due to parental migration by establishing counselling services and support groups specifically tailored to their needs, providing access to rehabilitation centres and treatment programs, implementing evidence-based prevention programs in schools and communities, offering alternative activities and programs to engage them in positive pursuits, training educators, healthcare providers, and social workers to address their unique challenges. Provision of these resources and support, the government can help mitigate the impact of parental migration on teenagers and reduce the risk of drug and substance abuse, promoting their overall well-being and resilience.

- Social workers can help teenagers involved in drug and substance abuse due to parental migration by providing individual and group counselling to address emotional struggles and coping skills, facilitating access to resources, such as rehabilitation centres and support groups, conducting home visits and assessments to identify potential risks and needs, connecting them with positive role models and mentors, advocating for their needs and rights within the community and healthcare systems. Social workers can play a critical role in identifying early warning signs, building trust, and providing tailored support to help these teenagers overcome substance abuse and navigate the challenges of parental migration.

NGOs can help teenagers involved in drug and substance abuse due to parental migration by providing safe spaces and support groups for sharing experiences and emotions, offering counseling, mentoring, and coaching services, organizing recreational activities and skill-building programs to promote positive engagement, conducting outreach and awareness campaigns to educate communities about the issue, collaborating with schools and healthcare

providers to ensure comprehensive support. NGOs can play a vital role in filling the gap in services and support for these vulnerable teenagers, providing a nurturing environment and empowering them to overcome substance abuse and thrive despite the challenges of parental migration.

The community should be educated to recognize the signs and symptoms of substance abuse and mental health issues in teenagers, understand the impact of parental migration on teenagers' emotional well-being, provide emotional support and validation to teenagers, encourage open communication and listening, foster a supportive and non-judgmental environment, promote healthy coping mechanisms and activities. Encourage community involvement and resource mobilization to support affected teenagers. Educating the community, can build a supportive network that can help reduce the likelihood of substance abuse among teenagers affected by parental migration, and promote their overall well-being.

5.4 Chapter summary

The foregoing gave a synopsis of research findings; it made conclusions and gave recommendations for the easing of effects of the diaspora effect on teenagers involved in drug and substance abuse. It highlighted the effect of the diaspora effect on the prevalence and patterns of drug and substance abuse. Socio cultural factors associated with the diaspora effect and their impact on substance abuse behaviours. The chapter also addressed findings linked with other objectives of the study. It also addressed how the framework which guided the study was put to use. More importantly is outlines the relationship between the diaspora effect and drug and substance abuse that is, how the migration of parents to the diaspora immensely contributes to the in aggravating the consequences of drug and substance abuse in Zimbabwe. The chapter lastly listed some recommendations towards addressing the subject of the study. The recommendations include further studies for better understanding of the diaspora effect

and drug and substance abuse as a whole, educating the teenagers suffering from drug and substance abuse, awareness campaigns, government to promote empowerment programs, provide ease access to mental health facilities, NGOs that focus on drug and substance abuse to facilitate rehabilitative meetings amongst others. Hence proposals levelled in this study may serve as frames of reference to the occupations and professionals dealing with drug and substance abuse amongst teenagers.

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BINDURA UNIVERSITY OF SCIENCE EDUCATION:

DEPARTMENT OF SOCIAL WORK

TOPIC UNDER STUDY: THE DIASPORA EFFECT TOWARDS TEENAGERS SUFFERING FROM DRUG AND SUBSTANCE ABUSE . A CASE STUDY OF MANDIPA HOPE REHABILITATION CENTER IN HARARE.

Appendix A: FOCUS GROUP GUIDE FOR TEENAGERS RECEIVING TREATMENT AT MANDIPA HOPE REHABILITATION.

Section A: Focus Group Questions for MandipaHope Rehabilitation Center Patients affect by the diaspora effect.

1. Do you mind sharing a bit about your background?
2. How do you describe your relationship and communication with your parents who are in the diaspora?
3. To what extent do you think your parents or relative relocation to the diaspora has made you vulnerable to drug and substance abuse?
4. Do you find it helpful to have peer relations and support at the rehabilitation center?
5. What progress have you made and have you discovered any coping strategies whilst in the Rehabilitation Centre.

Section B: Challenges encountered by Mandipa Hope Patients affected by the Diaspora effect.

1. What are some specific challenges you face in communicating with your parents who are in the diaspora
2. How do you perceive the level of emotional support you receive from your parents who are in the diaspora?
3. What problems or set-backs have you encountered as you are receiving treatment and how have you overcome them?

Section C: Measures to improve the challenges encountered by Mandipa Hope Patients affected by the diaspora effect.

1. Propose any solutions you think the rehabilitation center can better support patients who face similar challenges with parents from the diaspora?
2. Are there any specific resources or services that you believe would be helpful for patients in similar situations? How can these resources be improved or made more accessible?

APPENDIX B: FACE TO FACE INTERVIEW GUIDE FOR SOCIAL WORKERS (key informants)AT MANDIPA HOPE REHABILITATION CENTRE.

AN INTERVIEW OF THE EXPERIENCES FACED BY SOCIAL WORKERS IN WORKING WITH MANDIPAHOPE PATIENTS WITH PARENTS FROM THE DIASPORA.

Section A: An over view of the diaspora effect by Social workers at Mandipa Hope.

1. What are the services offered to teenagers suffering from drug and substance abuse in Harare?
2. What is the approach used at Mandipa hope Rehabi;itationCentre to addressing the needs of teenagers in recovery especially those affected by the diaspora effect?
3. How would you define the diaspora effect in the context of teenagers suffering from drug and substance abuse in Zimbabwe?
4. In your experience, what are the specific ways in which the diaspora effect has influenced drug and substance abuse among the teenagers you have worked with at Mandipa Hope Rehabilitation Center?

Section B: Challenges encountered by social workers providing service to Mandipa Hope Patient affected by the diaspora effect.

1. What are some common challenges that you have observed among these teenagers in relation to the diaspora effect?
2. What are the challenges you have encountered in providing support to teenagers affected by the diaspora effect? If yes please elaborate.

Section C: Measures to improve the services offered to Mandipa Hope Patients affectd by the diaspora effect.

1. How effective do you think the interventions at MandipaHope Rehabilitation centre have been in addressing the drug and substance abuse issues among teenagers influenced by the diaspora and what measures can be taken to improve?

2. Based on your knowledge and experience at MandipaHope Rehabilitation Centre, what recommendations would you provide to policymakers or organizations aiming to address the diaspora effect on teenagers suffering from drug and substance abuse in Zimbabwe?
3. Are there any specific areas that need more research or attention in this field, particularly in the context of Mandipa Hope Rehabilitation Center?

APPENDIX C: FACE TO FACE INTERVIEW GUIDE FOR PSYCHOLOGISTS (key informants)AT MANDIPAHOPRE REHABILITATION CENTRE.

AN INTERVIEW OF THE EXPERIENCES FACED BY PSYCHOLOGISTS IN WORKING WITH MANDIPAHOPRE PATIENTS WITH AFFECTED BY THE DIASPORA EFFECT.

Section A: What are the experiences of psychologists dealing with Mandipa Hope Patients affected by the Diaspora effect.

1. What are the services offered to teenagers suffering from drug and substance abuse in Harare?
2. What is the approach used at Mandipa hope Rehabi;itationCentre to addressing the needs of teenagers in recovery especially those affected by the diaspora effect?
3. How would you define the diaspora effect in the context of teenagers suffering from drug and substance abuse in Zimbabwe?
4. In your professional opinion, what are the psychological factors that contribute to drug and substance abuse among teenagers in Zimbabwe, particularly those affect by the diaspora effect?
5. How do these psychological factors manifest themselves in the lives of the teenagers you work with at MandipaHope Rehabilitation Center?

Section B: Challenges encountered by psychologists providing service to Mandipa Hope Patient affected by the diaspora effect.

1. What are the challenges or considerations when providing psychological support to teenagers affect by the diaspora effect? If yes, please elaborate.
2. What challenges have you encountered in providing therapeutic approaches or interventions at the rehabilitation center to address the diaspora effect on teenagers suffering from drug and substance abuse?

Section C: Measures to improve the services offered to Mandipa Hope Patients affected by the diaspora effect

1. Based on your expertise and experience at Mandipa Hope Rehabilitation Center, how best can the issues of drug and substance abuse due to the diaspora effect be addressed?
2. Based on your knowledge and experience at MandipaHope Rehabilitation Centre, what recommendations would you provide to policymakers or organizations aiming to address the diaspora effect on teenagers suffering from drug and substance abuse in Zimbabwe?
3. Are there any specific areas that need more research or attention in this field, particularly in the context of Mandipa Hope Rehabilitation Center?

*****THANK YOU*****

APPENDIX D:

Consent to participate in Research.

Good day, my name is Winefilda KC Mabvuva, final year undergraduate student at Bindura University of Science Education. I am doing research as part of my part four dissertation course for academic purposes which I am inviting you to take part in. The research is an exploration of the diaspora effect on teenagers involved in drug and substance abuse a case of Mandipa Hope Rehabilitation Center. There is no personal benefit in this study, but in my own perspective and assumption, your contribution in this study will help me in my research as well as other communities which need an understanding on the issue at hand.

My objectives in this study include, examining the influences of the diaspora effect on the prevalence and patterns of drug and substance abuse among teenagers in Harare , to investigate the socio-cultural factors associated with the diaspora effect and their impact on substance abuse behaviors am teenagers, to identify the role of family dynamics and support networks within the diaspora community in mitigating substance abuse issues among teenagers and to develop recommendations for targeted prevention and intervention strategies that take into account the unique challenges faced teenagers in Harare affected by the diaspora effect and their substance abuse issues for further use in the study of drug and substance abuse.To this end, the participant has a right to withdraw at any point from the study and even refuse to answer some of the questions which he or she deems uncomfortable with answering. If he or she agree or disagree we can continue or discontinue at any point with the study.

The information gathered, will be strictly for academic purposes only. If the results are presented or published, individual names will not be used. Participation in this research is voluntary.

If you have some queries or fears about this study, please contact me on +263779767818 or email at winefildermabvuva@gmail.com or visit the Bindura University of Science Education.....

If you wish to participate in this study, please fill in details, sign, and date below.

Job title/status

Date.....

Organization

Date.....

Participant's signature

Date.....

Person obtaining consent

Date.....

APPENDIX E:

LETTER FROM BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SOCIAL SCIENCES & HUMANITIES
DEPARTMENT OF SOCIAL WORK

P. Bag 1020
BINDURA, Zimbabwe
Tel: 263 - 71 7531-6, 7621-4
Fax: 263 71 7534



BINDURA UNIVERSITY OF SCIENCE EDUCATION

Date: 13/02/24

TO WHOM IT MAY CONCERN

RE: REQUEST TO UNDERTAKE RESEARCH PROJECT IN YOUR ORGANISATION

This serves to introduce the bearer, WINDFALL K. MASHUYA, Student Registration Number B201134 B, who is a BSc SOCIAL WORK student at Bindura University of Science Education and is carrying out a research project in your area/institution.

May you please assist the student to access data relevant to the study, and where possible, conduct interviews as part of a data collection process.

Yours faithfully


MR L.C Nyamaka
Acting Chairperson - Social Work

22 NOV 2023

BINDURA UNIVERSITY OF SCIENCE EDUCATION
SOCIAL WORK CHAIRPERSON

FACULTY OF SCIENCE EDUCATION
P.O. BOX 1020, BINDURA, ZIMBABWE