

**BINDURA UNIVERSITY OF SCIENCE EDUCATION**



**FACULTY OF SOCIAL SCIENCES AND HUMANITIES**

**DEPARTMENT OF SOCIAL WORK**

**CONSEQUENCES OF SUBSTANCE ABUSE ON FAMILIES IN DOMBORAMWARI,  
EPWORTH, HARARE**

**BY**

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**DISSERTATION SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENTS  
OF BACHELOR OF SOCIAL WORK HONOURS DEGREE IN SOCIAL WORK**

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## **DEDICATION**

This dissertation is dedicated to my beloved late daughter Tiana Camilla Mlambo and to her twin sister Tanisha Mlambo and brother Russel Emmanuel Mlambo who continue to inspire and motivate me every day. May this achievement be a testament to the love and resilience that binds us together, and may it serve as a reminder that even in loss, hope and determination can prevail.

## PLAGIARISM REPORT

0% No Plagiarism Found

## ABSTRACT

*The study seeks to explore the consequences of substance abuse on families with specific focus on Domboramwari, Epworth. The major objectives of the study were to identify different types of substances used in Domboramwari, Epworth, to assess the socioeconomic impact of substance abuse on families in Domboramwari, Epworth and to examine establish strategies that can be implemented to reduce the impact of substance abuse on families in Domboramwari, Epworth. The study was guided by the Ecological Systems Theory. The researcher adopted qualitative research methodology. Case study research design was utilized. The study adopted purposive sampling. The study had a total number of 11 participants. 9 primary participants and 3 key informants. Data was collected through in-depth interviews. Key Informant interview guide and in-depth interview guide were designed as research tools. The findings highlighted that, the youth in Domboramwari abuse glue. Some participants indicated that youth sometimes use skunk (marijuana) which they claimed to have a desired knock-on effect on them. Participants revealed that, loss of income, stress are socio-economic challenges subjected to families in Domboramwari, Epworth. Participants highlighted that, youth engagement in skills training, community-based awareness, regulation of drug supply are one of the strategies of reducing drug uptake in Domboramwari, Epworth. The study recommends that, the fight against substance use, particularly among youth should be integrative, comprehensive, coordinated and participatory. The study recommends that the different actors interested in child welfare and child protection, as they target the youth, should consider coming up with holistic, respectful and coordinated programmes which can effectively rehabilitate and reintegrate the youth. The study further recommends, to the law enforcement agents, to intensify efforts on cutting the supply side of the substances.*



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## **CHAPTER ONE**

### **INTRODUCTION AND BACKGROUND**

Substance abuse, which includes alcohol and drug misuse, has become a widespread social problem that impacts millions of people worldwide who suffer from substance use disorders. Substance abuse's effects on families transcend national boundaries; it has a major impact on public health, economic growth, and regional stability, with Southern Africa being particularly affected. This chapter provides the background to the study, problem statement, aim of the study, research objectives, and research questions, justification of the study, definition of key terms, dissertation outline and a chapter summary.

#### **1.1 BACKGROUND OF THE STUDY**

Substance misuse damages families' financial security, and the expenses of addiction treatment, medical care, and legal troubles can be shocking. The researcher noted that substance abuse's effects on families are a worldwide issue. Evidence-based remedies are required since this complicated problem deteriorates family dynamics, health, and financial stability. A loved one's substance misuse affects an estimated 200 million family members globally (WHO, 2023). Substance misuse costs families \$120 billion a year in lost productivity and medical costs, according to the WHO (2022). In the end, substance addiction jeopardizes general wellbeing and threatens the financial stability of families. Substance misuse, for instance, costs the South African economy about R200 billion a year (SA Department of Social Development, 2020). As an additional illustration, substance addiction impacts more than 40% of households in Nigeria, resulting in financial difficulties (UNODC, 2018).

Substance misuse frequently leads to decreased earning potential, decreased productivity, and job loss; these outcomes typically put further strain on family finances. This results in inadequate financial management, decreased access to necessary services, and food and shelter insecurity. Addiction's emotional toll also makes it more difficult for African families to maintain debt cycles and poverty (AU 2019). Substance misuse also affects family members' physical and emotional health, especially that of African children. Family members who may also be at risk for infectious

diseases like hepatitis and HIV/AIDS frequently experience chronic stress, anxiety, and despair. Due to their traumatic early experiences, children of substance-abusing parents are more at risk for long-term physical and mental health problems. Substance misuse can also upset family relationships, which can result in immune system weakness, poor diet, and disturbed sleep. Family members may experience substance use disorders, mental health issues, and suicidal thoughts as a result of the emotional toll. These health effects might last for generations, which emphasizes the necessity of all-encompassing care and support.

The World Health Organization (2019) reports that the highest prevalence of substance use disorders globally is found in Africa. In Africa, substance usage might raise the risk of respiratory issues, cardiovascular illness, and other chronic health concerns, especially for individuals with less access to healthcare, claims Volkow (2019). For instance, substance misuse is associated with high rates of fetal alcohol syndrome in South Africa and worsens mental health problems in young people in Kenya. In addition, substance misuse has a terrible impact on Zimbabwean families through child abuse and neglect. Children are frequently abused physically, emotionally, and psychologically. One in five children suffers from substance misuse, which damages judgment and raises the risk of trauma, aggression, and neglect (ZIMSTAT, 2020). Long-term behavioral issues, relationship troubles, and susceptibility to exploitation might result from this. Neglect resulting from substance misuse can occur when parents neglect to provide necessities such as clothing, food, shelter, or medical treatment. The Ministry of Public Service, Labour and Social Welfare (2019) reports that substance misuse is connected to 30% of child abuse instances. For instance, a 12-year-old child in Mutare developed depressed symptoms after her mother abandoned her due to substance misuse.

As the addictive behavior becomes the main focus of family life, substance addiction undermines family values and norms by upsetting family dynamics and leading to arguments, communication breakdowns, and strained relationships. Male dominance is valued in Zimbabwe's patriarchal society, which reinforces power disparities and damaging gender stereotypes. Abuse of substances can affect a person's judgment, resulting in violent conduct and bad choices. Additionally, it can worsen psychological, emotional, and financial stress, which may result in violent outbursts, intensify arguments, and raise the risk of both physical and emotional violence. Domestic abuse affects one in three Zimbabwean women (ZIMSTAT, 2020).

To combat the effects of substance misuse, the Zimbabwean government has put in place a number of intervention techniques. A number of legislative actions have been made, such as the 2019 implementation of the National Drug and Substance Abuse Policy. In 2001, the government also created the Dangerous Drugs Act. Additionally, there are treatment and rehabilitation programs like as the National Rehabilitation Center for Substance Abuse and the Zimbabwe Addiction Rehabilitation and Counseling Center (ZARCC). Additionally, education and awareness initiatives were put into place, such as school-based substance addiction prevention programs and national substance abuse awareness campaigns. The Police Anti-Drug Squad and border control procedures to prevent drug trafficking are two other laws that are enforced to counteract the effects of substance misuse. It is against this background that, the researcher finds it imperative to explore the impact of substance abuse on families.

## **1.2 STATEMENT OF THE PROBLEM**

The pervasive and destructive consequences of substance abuse on families necessitate urgent attention. This study addresses the critical knowledge gap regarding the impact of substance abuse on family dynamics. Family dynamics are disrupted, leading to conflict, violence, and trauma. Children and women are particularly more vulnerable, experiencing adverse childhood experiences, emotional distress, and increased risk of substance abuse. Substance abuse within families stems from various interconnected factors, including genetic vulnerability, environmental influences, traumatic experiences, mental health concerns, social norms, and cultural values. Substance abuse poses a significant threat to individuals, families, and communities, triggering severe physical and mental health issues, relationship breakdowns, and societal disruptions. Substance abuse devastates families, causing emotional turmoil, financial strain, social isolation, and physical harm. It disrupts family dynamics, harms children, and has long-term consequences, including intergenerational addiction and chronic health issues, necessitating comprehensive support and evidence-based solutions.

## **1.3 RESEARCH AIM**

The study seeks to explore the consequences of substance abuse on families with specific focus on Epworth, Domboramwari, Harare.

## **1.4 RESEARCH OBJECTIVES**

1. To identify different types of substances used in Domboramwari, Epworth.

2. To assess the socioeconomic challenges of substance abuse on families in Domboramwari, Epworth.

3. To examine establish strategies that can be implemented to reduce substance abuse in Domboramwari, Epworth, Harare.

## 1.5 RESEARCH QUESTIONS

1. What are the types of drug and substances used in Domboramwari, Epworth?

2. What are the socio-economic challenges of substance abuse on families in, Domboramwari Epworth?

3. Which strategies can be implemented to reduce substance abuse on in Domboramwari, Epworth?

## 1.6 JUSTIFICATION OF THE STUDY

Understanding the intricate dynamics and determining practical coping mechanisms and solutions require research on the effects of substance abuse on families. Numerous stakeholders, including families impacted by substance abuse, medical experts, social workers, government organizations, non-governmental organizations (NGOs) that specialize on substance abuse and family assistance, and community leaders, recognize its significance. Governments might use the study to support evidence-based programs, improve budget allocation for family support services, and influence policy decisions about substance abuse prevention and treatment. NGOs might gain from better campaigning, well-informed fundraising tactics, and directed program development. The study might promote empathy, community-based efforts, and awareness at the local level. Participants include community leaders, social workers, medical experts, and families impacted by substance misuse. The study might create practical answers by examining this important problem, which eventually helps families, communities, and societies as a whole.

## 1.7 DEFINITION OF KEY TERMS

**Substance:** The term is sometimes used interchangeably with the term drug. Sometimes the terms are used simultaneously as meaning two different things. This study derives its definition from the Medicines and Allied Substances Control Act (Chapter 15:03). It subsequently treats everything



alcoholic and or with the potential to alter the normal functioning of the human system as a substance. This could be ingested in a human body or system in multiple ways such as, drinking, eating, smoking, injection or sniffing. When taken, it may immediately or gradually alter the person's thought processes, behaviour or body performance.

**Substance Use:** is defined by the Zimbabwe National Drug Master Plan (2020:11) as, “Use of a substance for a purpose not consistent with legal or medical guidelines, as in the non-medical use of prescription or medication”.

**Families:** this denotes a group of people that stays in the same household (Wharton, 2019). In this study, families mean people who stay together and share same ancestral background.

## **1.8 DISSERTATION OUTLINE**

This study is outlined in the structure of five chapters which addresses different aspects of the study. What these sections addressed is outlined below:

### **Chapter 1**

Chapter 1 gives a research overview thereby setting the context and tone of the study. It therefore explores the main study aim, the objectives, research questions, statement of the problem, and significance of the study, justification of the study and the definition of terms.

### **Chapter 2**

The chapter focuses on literature review. Literature reviewed in this chapter is divided into different sub-themes pointing at what was researched around the phenomenon of substance use impact on families.

### **Chapter 3**

The chapter presents the methodology employed in studying substance use impact on families. It details how the actual study was done highlighting the reasons and pitfalls.

### **Chapter 4**

The chapter presents and discusses research findings guided by the preceding chapter. It separates data presentation from data analysis.

## **Chapter 5**

This is the last chapter of the dissertation concerned with drawing study conclusions and making recommendations.

### **1.9 CHAPTER SUMMARY**

The chapter presented the area of research as it delivered an introduction and background to the study. Also, the study aims, problem statement, primary objectives, research questions were clearly outlined. The research was justified as well. Definition of key terms and dissertation outline were also covered in this chapter.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0 INTRODUCTION**

This chapter focuses on reviewing existing literature. This chapter uses local, regional, and international literature to explore drug and substance misuse in families. It delves deeper into how substance misuse affects society. In addition, the study assesses current methods for reducing its impact on families. Moreover, ecological systems theory is presented in this chapter.

#### **2.1 THEORETICAL FRAMEWORK**

The Ecological Systems Theory, which Urie Bronfenbrenner first put forth in 1979, served as the basis for this study. According to this theory, various levels of environmental systems have an impact on a person's development, each of which interacts with and influences the others. These systems span from close-knit communities like peers and family to larger social contexts like economic policy and cultural standards (McKenzie, 2022). By using this theory, a thorough understanding of the ways in which different environmental factors contribute to substance misuse within families can be achieved.

The theory highlights the direct interactions people have with their immediate surroundings, including family and close friends, at the microsystem level. According to research, substance use habits are greatly influenced by family dynamics, including parenting philosophies and communication approaches. For example, a study by Aytur et al. (2022) discovered that negative family events throughout childhood, like abuse or neglect, are highly linked to a higher risk of substance dependence in adolescence. This emphasizes how important the microsystem is in either increasing or decreasing the likelihood of substance misuse.

The interactions between home surroundings and other settings, such schools and peer groups, become relevant when one expands to the mesosystem, which involves the links between many microsystems. The strength of these relationships can either increase or decrease the likelihood of substance misuse. Positive interactions between parents and educational institutions, for instance, might strengthen protective factors, whereas disagreements or disengagement may make people

more vulnerable (Capra, 2019). This degree of analysis emphasizes how crucial strong support systems are to stopping substance dependence.

The ecosystem includes external environmental contexts, including community services or parental workplaces, that have an indirect impact on people. Economic pressures, such as parental joblessness or instability, can raise family conflict and decrease supervision, which increases the likelihood that family members would consume drugs. According to a study by Reichert et al. (2017), which highlights the importance of community-level determinants, a community's restricted access to substance addiction treatment programs might have an indirect impact on individual behaviors by lowering the number of support networks that are available.

The macro system, in its broadest sense, consists of the general cultural values, social conventions, and economic policies that influence the other layers of the system. Substance usage trends are significantly influenced by governmental regulations, cultural stigmas, and societal views regarding substance use. For example, strict drug laws and stigmatization might affect the availability and efficacy of treatment alternatives, whereas social acceptability of alcohol use in some cultures may lead to higher prevalence rates.

## **2.2 DIFFERENT TYPES OF SUBSTANCES AND DRUGS.**

Researches have shown a variety of chemicals the youth abused. Therefore, a variety of chemicals utilized by children, teens, and adults are covered in this study. According to earlier research, youngsters who live on the streets are known to use a variety of drugs. The degree of control and accessibility of these substances vary from one nation to another, among other factors. These chemicals include injectable medicines and psychotropic compounds (Armoon et al., 2023). Among the psychotropic substances include hallucinogens, depressants, opiates, and stimulants like glue. Substance abuse in the Philippines has been linked to the resources offered by their natural surroundings. According to De Jesus, Ancheta, Rey, Jalin, Doma, and Santos (2009), the street kids utilized drugs including drinks made from fermented sugar cane, rice, coconut, and nipa. According to Ayenew et al. (2020), street kids typically start using conveniently accessible, legal drugs before experimenting with more potent ones. Their findings are consistent with what Jakaza and Nyoni discovered on the street children of Zimbabwe. In Ethiopia, cigarette smoking, alcohol, and khat are the most commonly used substances (Ayenew et al., 2020).

At some point in their lives, street kids in Senegal consume a variety of drugs, such as beer, heroin, glue, cannabis, "Zakki," lizard tails, several kinds of tablets, phensedyl, and yaba. Sonali (Alam, Sarker, and Al Marjuk, 2017). These drugs show what the Senegalese drug market has to offer, which is different from what is available in other nations. According to Mahmud, Ahsan, and Claeson (2011), common substances abused in Bangladesh include cannabis, cigarettes, or biri, and solvents such as adhesives, balms, and thinners.

The UN ODCCP (2001) states that habit is the main cause of drug and other substance usage among Egyptian street children. Usually, they use items like glue, tobacco, bango, and medications like parkinol and rohypnol. Cumber & Tsoka-Gwegweni (2016) and Mabouopda et al. (2022) found that street teenagers in Cameroon used alcohol, tobacco, volatiles, and cannabis during their study period. The usage of various substances by Zimbabwean children living on the streets is constantly changing in tandem with changes in the drug market. According to Jakaza and Nyoni (2018), youngsters living on the streets have shifted from using conventional drugs and substances like glue and marijuana to hardcore narcotics that were widely available on the market around 2018. Mangemba, codeine, Tegu Tegu (largactil), maragadu, cane spirit, pink, blue, and white tablets, and broncleer were among these compounds. While some of the materials mentioned above are made domestically, others pass over Zimbabwe's porous borders (Zvira, 2016).

## **2.3. SOCIOECONOMIC CHALLENGES OF SUBSTANCE ABUSE ON FAMILIES**

### **2.3.1 EMPLOYMENT AND INCOME**

Substance abuse has a major impact on household income and job stability worldwide. Research shows that people who struggle with addiction are more likely to lose their jobs, be less productive, and experience financial instability. According to Henkel (2018), workers with substance use disorders in the US are more likely to be absent from work, have accidents at work, and lose their jobs, which puts their families in a precarious financial situation. According to a Canadian study by Macdonald and Wohlfarth (2019), households with a substance-dependent member frequently see a decline in household income as a result of job loss or poor work performance. People with alcohol and drug addiction had worse employment retention rates in the UK, according to a longitudinal study by Schofield et al. (2020). Many of them switch between temporary jobs, which makes their households' financial instability worse.

Concern over how substance misuse affects families economically has grown in Japan. Drug use frequently results in job instability and financial difficulties, especially for middle-class families where the major breadwinner loses their work owing to addiction, according to research by Matsumoto et al. (2019). In a similar vein, Kumar et al. (2020) noted that drug usage among rural Indian men has resulted in a large loss of income, with many leaving their employment in construction and agriculture, ultimately raising household poverty. Zhang et al. (2021) discovered that industrial workers in China who are addicted to alcohol and methamphetamine are frequently fired from their jobs, which lowers family income and increases dependency on jobs in the unorganized sector.

Substance misuse and job instability have been found to be significantly correlated in South Africa. According to a study by Peltzer et al. (2020), employees who battle drug and alcohol addiction face prejudice at work, suspensions from their jobs, and eventually termination, which drastically lowers household incomes. Families with a member with a substance use problem in Nigeria have fewer economic possibilities because addiction-driven unemployment causes financial dependence on other family members, according to research by Adelekan et al. (2019). According to Mutiso et al. (2021), substance misuse among young male employees in unorganized industries like motorbike taxi services (boda boda) in Kenya leads to a high rate of job terminations, which lowers income and exacerbates financial difficulties for households.

Studies conducted in Zimbabwe have repeatedly shown how substance misuse has a detrimental effect on family income and employment. According to Mavhunga (2022), drug addicts, especially those living in densely populated suburbs of Harare, have a harder time finding steady employment, which puts more financial hardship on their family. Similar findings were made by Dhemba (2021), who found that when a primary breadwinner develops a substance use disorder, household income is greatly impacted and that families frequently turn to informal trade or extended family members to make ends meet. According to Gwatirisa and Chiweshe (2020), young males who use drugs like crystal meth and marijuana find it difficult to keep a job, which causes their families to fall into even greater poverty. Furthermore, Nyamukapa (2019) discovered that substance misuse feeds the cycle of intergenerational poverty since children from impacted households frequently leave school to find employment and provide for their families.

### 2.3.2 HEALTH COST

Addiction-related disorders necessitate frequent medical attention, drug abuse dramatically raises healthcare expenditures for families worldwide. According to Miller et al. (2019), households in the US that have a member with a substance use disorder spend a lot more money on emergency care, psychiatric treatment, and rehabilitation programs. According to Kraus et al. (2020), alcohol and opioid dependence also lead to a high prevalence of hospitalizations in Germany, which puts a burden on family finances and raises medical costs. According to Yap et al. (2018), families in Australia that have a member with an addiction face financial hardship because of the expense of ongoing medical care and therapy, which frequently forces them to use down their resources or incur debt.

Substance misuse has been linked to increased healthcare utilization in China, especially among young persons. Families with a drug-dependent member spend a significant amount of their income on mental health care, addiction treatment, and hospital stays, according to a study by Wang et al. (2020). According to Sharma et al. (2019), substance abuse-related ailments such as liver disease and respiratory difficulties have resulted in a rise in hospital admissions in India, placing a burden on the country's healthcare system and family finances. According to research by Santoso et al. (2021), families in Indonesia struggle to pay for medical expenses and rehabilitation treatments for opiate and methamphetamine users, who need intensive healthcare interventions.

South Africa has seen a rise in the number of families impacted by substance abuse using healthcare services. According to a study by Van Heerden et al. (2020), drug overdoses and alcohol-related illnesses cause a large percentage of hospital admissions, and families must pay hefty medical bills. According to research conducted in Nigeria by Okafor et al. (2019), families who have an addicted family member often seek medical treatment for chronic illnesses, mental health issues, and withdrawal symptoms, which greatly increases their financial burden. Alem et al. (2020) discovered that families with substance users in Ethiopia have to pay a lot for healthcare, and many of them have trouble finding reasonably priced rehabilitation programs.

Substance misuse in Zimbabwe has been linked to higher health utilization, which puts a burden on family finances and the country's healthcare system. Emergency hospital visits for drug-related problems have increased, and families are finding it difficult to pay for treatment, according to Gwatirisa and Moyo (2021). According to Mavunga et al. (2022), drug users are more likely to

have HIV and other infectious diseases, which necessitate long-term medical treatment and place a financial strain on impacted households. Chikoko (2020) discovered that while rehabilitation facilities are expensive, families with addicted individuals frequently turn to traditional healers, further taxing their already meager financial resources. Furthermore, a study by Dhemba (2021) discovered that Zimbabwe's economic difficulties have made matters worse because the majority of households cannot afford private healthcare services.

### **2.3.3 SOCIAL SERVICES DEPENDENCY**

In most cases, impacted families frequently need welfare help, housing support, and food aid, substance misuse increases reliance on social services. Families with a substance-abusing member are more likely to rely on government assistance programs in the US because of job loss and unstable finances, according to Solomon et al. (2019). In a similar vein, research conducted in the UK by Schofield et al. (2020) found that families dealing with financial difficulties often turn to social housing, child support, and food assistance programs. Families impacted by substance misuse frequently turn to social assistance systems in Canada for housing, healthcare, and financial support, according to Macdonald and Wohlfarth (2019).

In Asia, substance misuse has led to a rise in social assistance dependency in Japan. Families impacted by addiction frequently apply for government housing and unemployment benefits, according to Matsumoto et al. (2020). Families in India with drug-dependent members often turn to non-governmental organizations and community assistance programs for medical and food assistance, according to Kumar et al. (2019). According to a study conducted in Malaysia by Karim et al. (2021), substance addiction has made low-income households more dependent on government assistance. Going forward, families impacted by addiction in South Africa are increasingly reliant on social services. According to Peltzer et al. (2020), many families depend on government assistance, free medical care, and food programs. Adelekan et al. (2021) discovered that households in Nigeria that had substance abusers are more likely to seek social assistance. Mutiso et al. (2020) discovered that because of economic instability, drug-affected households in Kenya rely on welfare assistance.

Studies show that substance misuse in Zimbabwe is leading to an increase in the need for social services. According to Mavunga (2022), impacted families are increasingly looking for housing assistance and social handouts. According to Dhemba (2021), drug abuse causes child neglect,



necessitating the intervention of social workers. Many substance-abusing families depend on church and non-governmental organization help, according to Gwatirisa and Chiweshe (2020). According to Nyamukapa (2019), government welfare programs find it difficult to satisfy the needs of families impacted by addiction.

#### **2.3.4 EDUCATIONAL DISRUPTIONS**

Substance misuse in families has a major negative impact on children's and young adults' scholastic attainment worldwide. According to a 2019 study by Johnson et al., children from substance-abusing homes in the US have greater school dropout rates, worse academic performance, and more behavioral problems as a result of parental neglect and unstable finances. Teenagers from drug-dependent homes frequently have trouble focusing, attending class, and participating in school, which lowers their graduation rates, according to Yap et al. (2020) in Australia. Similarly, Smith and White (2018) discovered that substance usage by parents in Canada has an impact on children's access to high-quality education since funds intended for school supplies and fees are frequently used to maintain addiction.

There is growing evidence of disruptions in education caused by substance usage across Asia. Children in alcohol-affected homes in India experience erratic school attendance as a result of parental neglect and financial difficulties, according to Kumar et al. (2021). According to a Zhang et al. (2020) study conducted in China, drug misuse in families causes psychological discomfort in children, which lowers their motivation for school and raises the school dropout rate. Many children from drug-affected households in Indonesia are compelled to work as minors in order to make up for the lost household income, which restricts their access to education, according to Santoso et al. (2021).

It is evident that, substance misuse and unstable schooling are related in Africa. Due to an unstable home environment, children from substance-dependent households in South Africa are more likely to repeat grades or drop out, according to a study by Peltzer and Ramlagan (2020). According to research conducted in Nigeria by Adelekan et al. (2021), substance usage by parents and guardians is linked to low school attendance and academic failure because the impacted children do not receive the required financial and emotional support. According to Mutiso et al. (2020), substance-abusing youth in Kenya have difficulty in school and frequently drop out to maintain their addiction.

Studies show that substance misuse has a serious negative influence on schooling in today's society. According to Mavunga (2022), drug addiction in parents causes neglect of their children, which in turn causes irregular attendance at school and eventual dropouts. According to Dhemba (2021), drug usage among young people in metropolitan areas is a contributing factor to school disengagement, since many drop out to engage in criminal activity or live on the streets. According to Gwatisa and Chiweshe (2020), families that struggle with substance misuse frequently put survival before education, which results in less money being spent on their kids' education. Furthermore, high school kids in Zimbabwean communities are increasingly abusing drugs, which has a negative impact on their academic performance and raises the likelihood of suspension and expulsion (Nyamukapa, 2019).

## **2.4 STRATEGIES OF ADDRESSING SUBSTANCE ABUSE**

### **2.4.1 FAMILY-BASED INTERVENTION PROGRAMS**

Family-based therapies have shown promise in reducing the negative impacts of substance abuse on a global scale. According to a study by Kumpfer and Magalhães (2018), Strengthening Families Programs (SFP) in the US dramatically lower the risk of substance abuse by enhancing emotional attachment, parental abilities, and family communication. In a similar vein, Taylor et al. (2019) in Canada emphasized that family treatment methods, such as Multidimensional Family treatment (MDFT), successfully address underlying family problems as well as substance use disorders. The Parents Under Pressure (PUP) program in Australia, which combines parenting assistance and drug abuse treatment, has been studied by Dawe and Harnett (2020) and has been shown to promote both addiction recovery and the wellbeing of children.

Family-based therapies have been used more often to address the impacts of substance misuse in the Asian community. Family-focused cognitive-behavioral treatment (CBT) decreased relapse rates among people in recovery from opioid addiction in China, according to Wang et al. (2021). By addressing the societal stigma and familial conflict linked to drug dependency, culturally tailored family therapy programs in India have been shown to dramatically improve recovery results (Sharma et al., 2020). Saito and Takahashi (2019) reported on how family intervention workshops conducted by mental health specialists in Japan enhanced family support systems and assisted in lowering stressors associated with relapse.

Family-based approaches are being used in Africa to address the problem of substance misuse. According to Van Der Westhuizen et al. (2021), community-based family intervention programs in South Africa that incorporate family counseling and substance abuse treatment lower relapse rates and enhance family stability in general. Adebayo et al. (2020) observed that by fortifying social ties, including extended family support into rehabilitation initiatives improves the success of substance misuse recovery in Nigeria. Rebuilding family structures damaged by substance addiction has been made easier in Kenya by incorporating family therapy into national drug recovery programs (Mutiso et al., 2019).

Studies conducted in Zimbabwe show that family-based interventions are becoming more and more popular. Family-inclusive treatment methods in rehabilitation facilities improve the long-term success of substance misuse recovery, according to Chibanda et al. (2022). Adolescent substance use in high-risk urban populations has decreased because to initiatives that include counseling sessions and parental education, according to Dhemba (2021). Peer-support groups and guided treatments can assist rebuild family units and reduce the likelihood of substance usage relapse, according to Mavunga and Mugari (2020). Furthermore, Mutasa (2019) underlined the necessity of government-backed family therapy programs in order to guarantee sustained behavioral modification and enhanced family ties.

#### **2.4.2 COMMUNITY SUPPORT NETWORKS**

Community-based interventions have been crucial in addressing the consequences of substance abuse on families around the world. According to Hawkins et al. (2019), local community coalitions like Drug-Free Communities (DFC) considerably lower substance misuse in the US by implementing grassroots prevention and education programs. Mutual aid organizations like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) offer crucial peer support that promotes recovery and lessens stress among family members, according to Livingston et al. (2020) in the United Kingdom. Fischer et al. (2018) investigated the efficacy of neighborhood-based rehabilitation programs in Canada and found that structured social support networks enhance the reintegration of substance abuse recovery patients.

Community support programs have proven successful in a number of Asian nations. Patel et al. (2021) discovered that by integrating spiritual counseling into recovery procedures, faith-based community rehabilitation institutions in India are essential in combating substance misuse. Zhang

and Li (2019) reported that community-based harm reduction initiatives, such as peer support and public education, greatly lower substance dependency in China. By combining ancient healing methods with contemporary rehabilitation initiatives, village-led community treatment models in Thailand have been shown to enhance long-term recovery outcomes (Wong et al., 2020).

Community-led interventions for substance abuse are becoming more and more well-known in Africa. According to Parry et al. (2021), community rehabilitation facilities in South Africa offer crucial counseling services and training in life skills to families afflicted by substance abuse. Olawale et al. (2020) discovered that religious and traditional support systems are important sources of moral and psychological support for families in Nigeria who are struggling with drug-related problems. Oteyo and Kariuki (2019) investigated how community outreach initiatives in Kenya can lessen the stigma associated with substance misuse and increase access to recovery treatments.

Initiatives for community assistance have been widely embraced locally. Community-based rehabilitation programs, such faith-based counseling groups, have been crucial in helping families afflicted by substance abuse, according to Chiweshe et al. (2022). In order to address drug misuse hotspots and offer family support services, neighborhood watch committees work in tandem with local authorities, as recorded by Mutasa (2021). Local peer support networks have been shown to lower relapse rates among recovered addicts, according to Dhemba and Mupfumira (2020). Furthermore, Mavunga (2019) noted that public participation in preventive initiatives has increased as a result of community-driven substance awareness campaigns.

### **2.4.3 GOVERNMENT POLICY AND LEGISLATION**

Governments around the world have put laws and policies into place to address how substance abuse affects families. According to Volkow et al. (2019), family-focused substance addiction prevention initiatives in the US have been reinforced by the Comprehensive Addiction and Recovery Act (CARA). According to Ritter et al. (2020), harm reduction and family-based rehabilitation services are given top priority in Australia's National Drug Strategy. Government programs emphasizing early intervention and support services for families impacted by drug usage have decreased dependency rates in the UK, according to Stevens et al. (2018). Additionally, a number of nations have put laws into place to lessen the negative impacts of substance misuse. According to Liu et al. (2020), the Anti-Drug Law in China places a strong emphasis on family

involvement requirements and community rehabilitation initiatives. The National Drug Dependence Treatment Centre (NDDTC) in India collaborates with local governments to offer comprehensive family-based substance addiction therapies, according to Chatterjee et al. (2019). Hamid et al. (2021) discovered that national rehabilitation policies in Malaysia prioritize the use of structured social programs to reintegrate recovering addicts into family environments. Government regulations are essential for reducing substance usage in Africa. According to Myers et al. (2020), the National Drug Master Plan in South Africa combines social services, healthcare, and law enforcement to help impacted families. Abdulmalik et al. (2021) discovered that community education and parental training are the main focuses of government-led substance addiction prevention initiatives in Nigeria. National policies in Kenya prioritize rehabilitation and post-treatment family reintegration initiatives (Ndeti et al., 2019).

Studies conducted in Zimbabwe emphasize the importance of legislative actions in tackling issues related to substance misuse in families. According to Chibanda et al. (2022), family-based intervention techniques are becoming more and more important in government drug control initiatives. According to Mupfumira (2021), afflicted households have benefited indirectly from law enforcement efforts that have reduced drug supply chains. According to Gwatirisa and Chiweshe (2020), national awareness campaigns encourage family-level substance misuse prevention. Dhemba (2019) added that incorporating family counseling services into rehabilitation programs is a key component of policy reforms.

#### **2.4.4 SCHOOL-BASED PREVENTION PROGRAMS**

School-based preventative initiatives have proven successful in combating substance misuse on a global scale. By giving students coping skills, the LifeSkills Training program in the US helps lower teen substance use, according to Botvin et al. (2019). According to McKay et al. (2020), school-based intervention strategies that incorporate parents have been shown to lower teen substance addiction rates in Canada. According to Midford et al. (2018), early drug education initiatives in Australia raise pupils' awareness and lower the usage of experimental drugs. School-based programs are being implemented throughout Asia. According to Takahashi et al. (2021), drug usage rates have decreased in Japan as a result of curriculum integration of substance education. According to Singh and Kumar (2019), teacher-led substance prevention initiatives in

India are assisting in the decrease of drug-related school dropouts. Peer-led school interventions in South Korea have been shown to increase pupils' anti-drug attitudes (Lee et al., 2020).

School-based techniques are being used more and more across Africa. According to Wechsberg et al. (2021), incorporating substance abuse education into the curriculum has raised awareness among young people in South Africa. Early school treatments help lower the likelihood of future substance dependency, according to Adesina et al. (2020) in Nigeria. Mungai et al. (2019) discovered that mentorship programs in Kenya aid in preventing pupils from using drugs. Studies in Zimbabwe emphasize school-based programs. Peer education initiatives in schools have been shown to dramatically minimize drug experimentation (Chibanda et al., 2022). According to Gwahirisa and Mavunga (2021), student resilience is increased by teacher-led preventative initiatives. According to Dhemba (2020), teaching life skills reduces risk factors. Furthermore, school-based awareness initiatives have increased parental involvement in substance avoidance, according to Nyamukapa (2019).

## **2.5 RESEARCH GAP**

Research on drug and substance misuse in families has received a lot of attention in many parts of the world, but there are still some considerable gaps in the literature, especially when it comes to the complex effects on family dynamics and the efficacy of intervention techniques. Individual substance addiction has been the subject of much research in European nations, but few studies have particularly examined the effects of substance abuse on families. One thorough study by EMCDDA (2019), for example, emphasized the need for more focused studies on the effects of parental substance addiction on family dynamics and child development. Furthermore, little longitudinal research has been done on the long-term effects of substance-abusing households on children, which is essential for creating successful preventative and intervention initiatives. Furthermore, in order to comprehend the particular difficulties experienced by families in various sociocultural situations, research relevant to a certain region is necessary due to cultural differences across the globe.

Particularly in Zimbabwe, socioeconomic difficulties and a lack of resources make matters worse and worsen the impact of drug misuse on families. Dzinamarira et al.'s scoping review from 2022 noted the rising rate of substance abuse in Zimbabwe but also the dearth of thorough information on how it affects family dynamics. The lack of reliable monitoring methods and the dependence

on anecdotal information, which hinder the development of successful interventions, were also highlighted in the study. Research into the sociocultural elements that affect substance abuse in families is also desperately needed. To create focused measures that can lessen the negative consequences of substance misuse on families in Zimbabwe and comparable situations, these gaps must be filled.

## **2.6 CHAPTER SUMMARY**

This chapter used literature from throughout the world, Asia, and Africa and Zimbabwe to explore the phenomenon of drug and substance misuse in families. In addition to reviewing current interventions meant to mitigate these effects, it emphasized the socioeconomic consequences of substance misuse, including increased poverty and family instability. Ecological Systems Theory served as a framework for the study and offered a methodical examination of substance abuse in various environmental settings. The following chapter focuses on research methodology.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.0 INTRODUCTION**

Research methodology is presented in this chapter. Among the methods the researcher used to answer the study's research questions are research approaches, study designs that direct the data gathering and analysis process, sampling strategies and procedures, data collection, data analysis,

and research ethics. The term "research methodology" refers to a variety of methods, approaches, and strategies employed in the study. A research technique is a collection of steps that a researcher takes in order to solve a certain research topic (Creswell, 2009, in Chivanga and Monyai, 2021). This section explains how data on the effects of drug and substance misuse on families was gathered, presented, and analyzed.

### **3.1 RESEARCH PHILOSOPHY**

Interpretivist research philosophy, which emphasizes the importance of people's lived realities, especially in their natural environments, served as the foundation for this study. The goal of interpretivist research, according to Ma Junjie and Ma Yingxin (2022), is to examine how specific social groups or people create and interpret various realities and show how these norms account for their behavior. It makes the case that the material world is complicated and full of various subjective meanings, necessitating an understanding of them in order to reconstruct and theorize them (Alharahsheh and Pius, 2020 & Ma Junjie and Ma Yingxin, 2022).

### **3.2 RESEARCH APPROACH**

The qualitative research methodology was used in this study to collect data. Morgan (2019) characterized qualitative research as a more adaptable kind of scientific inquiry, meaning that it permits more spontaneity and flexibility in the researcher-student relationship. The main goal of exploratory research is to comprehend underlying motives, beliefs, and justifications. In addition to allowing the truth to surface through face-to-face interactions with families in Domboramwari, the methodology enabled the researcher to investigate the effects of drugs and other substances on families. According to Hammersley (2013), human society is a complex arena whose evolution is predicated on nuanced understandings and values of uniqueness and shared experiences. According to Kelly (2023) and Sundler, Lindberg, Nilsson, and Palmer (2019), these interpretations and appreciations vary over time and space because they are value-laden. The study recognizes that a qualitative research approach would enable rich data regarding the effects of substance abuse and drug usage on families.

### **3.3 RESEARCH DESIGN**

A case study research is a comprehensive qualitative analysis of one or more cases in their natural environment, according to Creswell (2017). A case study design was used in the research. This strategy enables researchers to collect extensive data using a variety of techniques, offering a



sophisticated comprehension of intricate problems. Taking into account social, cultural, and historical circumstances, the Case Study approach investigated the complex consequences of substance misuse on family relations. The study gains a deeper understanding of how substance addiction affects family connections, coping mechanisms, and general well-being through in-depth interviews, observations, and document analysis. Targeted support and policy activities are informed by the important patterns and themes found by this contextualized approach. The Case Study approach offers important insights into the intricate interactions between substance misuse, family dynamics, and socioeconomic issues.

### **3.4 STUDY SETTING**

The study was conducted in Domboramwari in Epworth District. Domboramwari is located 20 kilometers from Harare Central Business District. The researcher chose this place because it is the hotspot of drug and substance abuse hence the researcher got participants from this place. The place was also close to the researcher's residents and it was easily accessible. The place had many families affected by substance use and therefore, the researcher easily located many participants to partake in this study.

### **3.5 TARGET POPULATION**

Families with a member who struggles with substance misuse are the study's main target population. This target group consists of close relatives who are directly affected by substance misuse, such as parents, siblings, spouses, and kids. Healthcare professionals who treat substance abuse patients are the study's secondary target population since they are crucial in meeting the complicated requirements of those who are addicted. The complete set of individuals or organizations that the study seeks to examine makes up the target population (Yin, 2014). According to Babbie (2017), the demographic that the study aims to characterize and explain is the target population.

### **3.6 SAMPLING TECHNIQUES**

The process of selecting a portion of a group or aggregate in order to gather information about the entire group is known as sampling (McNabb, 2019). Purposive sampling was used in this study for both key informants and participants. Purposive sampling, according to De Vaus (2014), is choosing people who share traits in order to achieve a particular goal. Creswell (2017) adds that the most important factor in choosing a qualitative sampling strategy is choosing a subject, time,

and location because these factors offer information that is essential for answering the research question. The researcher purposefully chose these families in Epworth, Domboramwari, because she was interested in examining the effects of drug and substance usage on families. This study also made use of the data saturation principle. According to Cresswell (2017), data saturation occurs when there is sufficient data gathered to make the required deductions and additional data collection will not yield insightful information.

### **3.7 SAMPLE SIZE**

The study had a sample size of 12 participants. 9 families were interviewed in this study. 1 Social Worker from Mavambo Organisation and 2 Social Development officers from Epworth Department of Social Development were engaged as key informants because of their experience and knowledge of working with families. Therefore, the study had 9 primary participants and 3 key informants.

### **3.8 DATA COLLECTION METHODS**

The process of obtaining and quantifying information on variables of interest in a predetermined, methodical manner that allows one to respond to specified research questions is known as data collection (Morgan, 2019). Semi-structured interviews, key informant interviews, and focus groups were used in this study to gather information about how drug and substance use affect families.

#### **3.8.1 IN-DEPTH INTERVIEWS**

An in-depth interview, according to Creswell (2017), is a qualitative data gathering technique that combines a pre-planned list of open-ended questions that stimulate conversation with the interviewer's ability to go deeper into certain themes or responses. In-depth interviews were used by the researcher. The researcher selected in-depth interviews because they allowed for open-ended responses from participants for more detailed information about the effects of substance use on families, as well as the ability to prepare questions in advance to help steer the conversation and keep respondents on topic.

#### **3.8.2 KEY INFORMANT INTERVIEWS**

Key informant interviews are a method used to extract a detailed picture of the participant's viewpoint on the research issue (Macken et al., 2017). The subject of the interview is seen as the expert, while the interviewer is regarded as the student. K1 interviews were used by the researcher

to gather information. The goal of learning everything and obtaining more in-depth information from the perspectives of the participants drove this approach. According to Mack et al. (2017), in-depth interviews are conducted when participants offer neutral questions, listen intently and actively to their answers, and then ask follow-up questions and probes in response to those answers. These key informant interviews were conducted with 3 key informants, 1 Social Worker from Mavambo Organisation and 2 Social Development Officers from Epworth District Department of Social Development. These key informants were very important as they had vast knowledge about the impact of drug use on families.

### **3.9 DATA COLLECTION TOOLS**

In-depth interview guide and key informants interview guide were utilized in this research to gather information on the impact of drug and substance use on families in Epworth, Domboramwari.

#### **3.9.1 In-depth interview guides**

This study made use of in-depth interview guide as research instrument Because it provided the researcher with control over the path of inquiry. The researcher decided to adopt an in-depth interview guide. They can also be employed when participants cannot be seen directly and when an interpretive viewpoint is required regarding the links and relationships that an individual perceives between specific events, phenomena, and beliefs, claims Morgan (2020).

#### **3.9.2 Ki interview guides**

Cohen and Manion (2021) submit that key informant interview guides are qualitative, in-depth interviewing instruments that assist researchers in understanding community dynamics. In order to gather data for this study, the researcher also created a key informant interview guide. Key informant interview guides were designed to gather data from a diverse group of individuals in order to comprehend the phenomenon being studied.

### **3.10 RESEARCH PROCEDURE**

The researcher sought a letter from the Bindura University of Science of Education (BUSE) first. Following that the researcher wrote a research proposal and data collection tools. After that, the researcher went on to seek permission to conduct a research at Compensation House, Social Welfare Head Office. After approval from the Head Office, the researcher will collect data in

Domboramwari, Epworth District. The researcher will also observe all the research ethics highlighted in this chapter.

### **3.11 VALIDITY AND RELIABILITY/ TRUSTWORTHINESS**

The study had a well-defined research question that focuses on understanding the consequences of drug and substance on families. This clear focus allows the designing a study that is relevant, manageable, and focused on gathering meaningful data. Also accessible target population made the study reliable since the target population of family members in Domboramwari was accessible, allowing direct engage with the individuals needed to collect data from. This accessibility ensures effective gathering of information from those who had first-hand experience. A manageable sample size is another factor which made the study validity because the sample size of 12 participants is manageable for conducting in-depth qualitative interviews and analysing the collected data. This sample size allowed for a focused and thorough investigation while ensuring the trustworthiness of the research process.

### **3.12 DATA ANALYSIS PLAN**

Data analysis is the process of turning gathered raw data into concepts and facts that can be comprehended either qualitatively or quantitatively (Morgan, 2020). It involves examining the tabulated data to find underlying truths or interpretations. In order to facilitate understanding, it entails dissecting current complicated variables into smaller components and rearranging them (McNabb, 2019). The study employed thematic analysis in accordance with its goals and research inquiries. The information gathered from in-depth interviews was typed into Microsoft Word content after being translated into English. Recurring themes were found for the study after the interviews were reviewed multiple times. The replies gathered throughout the data collection procedure served as the basis for the development of the themes. According to Braun and Clarke (2012), a theme is a noteworthy feature of the data that pertains to the research questions and exhibits a recurring pattern or significance within the dataset. The six-phase guidance provided by Braun and Clarke (2012)

#### **Familiarization**

The researcher engaged with the written texts and recorded files to identify patterns and meanings. This involved analyzing the recorded facts repeatedly to gain a deep understanding of the data. The researcher familiarized themselves with the data by examining the transcripts from the

recordings and meticulously reviewing them. This process involves assigning labels or codes to specific portions of the data that capture their meaning. The aim is to categorize the data into meaningful units.

### **Search for themes.**

Themes were developed based on the responses from the participants. This process allowed the researcher to identify important data that was organized into cohesive and meaningful themes.

### **Reviewing themes**

During the reviewing themes phase, the researcher made modifications to ensure coherency and relevance of the data to each theme.

### **Defining themes**

To conduct a more comprehensive analysis, the researcher looked for patterns, categories, subjects, and comparisons within the data. The researcher revisited the initial coding to refine and strengthen the themes. This process allowed recognition and naming the themes, giving them a deeper and more significant meaning in the analysis.

## **3.13 LIMITATIONS OF THE STUDY**

The participants were reluctant to divulge additional information since drug and substance usage is a practice that is linked to stigma and prejudices in the community; however, the researcher used probing techniques to obtain more information. By confining the study to Domboramwari, Epworth, the sample size was decreased and a certain amount of subjectivity was introduced due to the potential homogeneity of the respondents. As a result, the findings could not be broadly applied outside of the study participants. There was a tendency of replicating same information from participants. The researcher also struggled to get approval letter from City of Harare, however, the researcher was patient and the letter was issued after 1 month of waiting.

## **3.14 ETHICAL CONSIDERATIONS**

### **3.14.1 Informed consent**

For this project, the researcher asked the respondents for their consent. She clarified that it was a research work for academic credit. The delicate nature of the study and the consequences of

adhering to informed consent were known to the researcher. According to (Dooley, 2015), obtaining informed permission is frequently a crucial factor in determining whether study is approved. The members of the community in question are entitled to know the goal, time frame, and advantages of the research for the community and the researcher.

#### **3.14.2 Anonymity and confidentiality**

The identity of participants will never be reviewed while or after the research is finished. To ensure participant confidentiality, pseudonyms were utilized during data presentation and analysis. It will be disclosed to participants which individuals and entities will have access to this data. To safeguard all participants, ethical issues surrounding data collection and content were carefully considered. The researcher locked all respondents notes uploaded online and computer through passwords. Hardcopy notes will be kept in a drawer with a locker.

#### **3.14.4 Least harm**

The researcher reduced the usage of harm in this study and saw the least amount of harm. For those who might have been impacted, psycho-social care was also provided. Kumar (2019) asserts that the researcher bears the obligation of avoiding, preventing, or minimizing harm to others. According to the minimization of damage concept, studies should use the fewest possible human subjects and the fewest tests necessary to guarantee the validity of the findings.

#### **3.14.5 Debriefing**

Following data collection, presentation, and analysis, the researcher gave the participants a summary of the study. Debriefing, as defined by Mack et al. (2017), is the process of informing participants about the study following data collection. This usually entails getting input on the research procedures, material, and methodologies from researchers and/or research participants.

### **3.15 CHAPTER SUMMARY**

The chapter provided an explanation of the study's methodology. It has demonstrated how the researcher gathered information for the study. In the chapter, the qualitative research approach was described. The chapter also described the thematic analysis of the data. A case study design was employed in the investigation. Research ethics were described, including informed consent and confidentiality.

## **CHAPTER FOUR**

### **DATA PRESENTATION, INTERPRETATION AND DISCUSSION OF FINDINGS**

#### **4.0 INTRODUCTION**

The chapter seeks to present and analyse data on exploration the consequences of substance abuse on families in Domboramwari, Epworth. The chapter was guided by the literature reviewed and the objectives of the study. The main objectives of the study were to identify different types of substances used in Domboramwari, Epworth, to assess the socioeconomic impact of substance

abuse on families in Domboramwari, Epworth and to examine establish strategies that can be implemented to reduce the impact of substance abuse on families in Domboramwari, Epworth.

#### 4.1 DEMOGRAPHIC CHARACTERISTICS OF PRIMARY PARTICIPANTS

<i>9 Participant</i>	<b>Sex</b>	<b>Age</b>	<b>Number of children)</b>
Participant 1	Male	35	5
Participant 2	Male	40	3
Participant 3	Female	35	6
Participant 4	Male	50	2
Participant 5	Female	45	4
Participant 6	Male	55	3
Participant 7	Female	47	4
Participant 8	Female	43	3
Participant 9	Female	39	5

##### 4.1.1 Demographic characteristics of key informants

<b>Name</b>	<b>Sex</b>	<b>Type of Agency</b>	<b>Profession</b>	<b>Designation</b>	<b>Years of Experience</b>
Key Informant 1	Female	Department of Social Development	Social Worker	Social Development Officer	15 Years
Key Informant 2	Male	Department of Social Development	Social Worker	Social Development Officer	10 Years



Key Informant 3	Female	Non- Governmental Organisation	Social Worker	Case Manager	5 years
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## 4.2 DIFFERENT TYPES OF SUBSTANCES USED IN DOMBORAMWARI, EPWORTH.

This section presents different substances which were used by the youth residing in Domboramwari as presented by both primary and secondary participants.

### 4.2.1 Glue

Youth residing in Epworth reported using different types of substances. The most common substance which they use is glue which is an adhesive. Of the 9 participants only 2 noted that they were not using glue. But the rest were using it.

Participant 5 noted that; *“Drugs are very prevalent here, its getting out of hand , but what I observed that, the youth are using glue, I was shocked when I learnt that, we have never thought that glue can be used as a drug, its hard, you go the extend of thinking about what has come over our children...”*

Participants 7 particularly highlighted that; *“... “...Glue is very cheap my sister, they can buy it using a coin and they can easily get it from Mbare. It’s sold everywhere and no one stops them from buying it. People who sell they are not aware of what they intend to use it because many people are not aware that glue is being used as a drug...”*

Key informant 2 also said, *“...we have seen the rise of abusing glue, it’s something very new and alien to our Zimbabwean context, the use of glue emanated from South Africa and it’s now a trend in Zimbabwe and in Domboramwari, glue is being used, I have worked with many families and the youth they indeed admit that, the youth are abusing glue, it’s so uncommon, but that’s the reality, we need to come together to address it...”*

Across the world, young people frequently use glue. According to Ayenew, Kabeta, and Woldemichael's (2020) hypothesis, children who live on the streets begin with freely accessible legal narcotics. The Harare CBD likewise exhibits this pattern, which is typical in Egypt and Cameroon (Ayenew et al., 2020; UNODC 2001). Research has shown that kids living on the streets

of the central business district of Harare have been using glue for a long time as a drug to get high and fall asleep. Children on the streets continue to use glue even after years of substance usage, contrary to what Jakaza and Nyoni (2018) claimed when they gathered that they had progressed from less intoxicating substances to harder-core ones. Its accessibility is the reason behind this. Their selection of readily available substances demonstrates that children are logical agents who make deliberate and thoughtful choices (Giddens, 1984). According to Goodman and Ritzer (2004), they choose which drugs to utilize as they effectively navigate their difficulties.

#### 4.2.2 Cigarettes

The second commonly used types of substances are legal beers and cigarettes of different types. However, as compared to glue sniffing, these ones are less used. The participants noted that youth use a lot of cigarettes, as indicated by one participant 8 who said; *“...my son smokes cigarettes a lot, you won’t like it, he almost smokes five boxes of cigarettes a day, he also drink beer, he buy it from beer hall, sometimes he comes home with beer, these children, it’s very difficult...”*

Some participants however indicated that cigarette use and beer drinking was not so common a phenomenon among the youth in Domboramwari. They considered these to be a form of luxury living which was basically beyond them. They argued that the youth who use these would most likely be gangs who survived through pick pocketing and robberies, something they didn’t approve, at least when they were sober. One most revealing participant (Participant 5) therefore noted that; *‘My son use cigarettes and beer once in a while. In most cases, he drinks beer when he is given by his uncle who drinks a lot, that’s when you see him drinking and smoking...so, you will realize that, children are possessed with a very bad spirit, we have never seen when we grow up, children are now rebellious...’*

Key informant 3 also submitted that, *“...what is most scaring about drug and substance use among youth is the complexity of drugs, these guys are inventing drugs and some we are not yet aware of them, it’s a very serious issue, however in Domboramwari youth are still using cigarettes and legal beer, if you want see this just try to go at our shopping centre over there, you will realize over sixty percent of people in beer halls are the youth, some even walk in the streets holding their cigarettes and beer...”*

These findings revealed that, the youth are using cigarettes and beer in Domboramwari. Existing literature also highlighted that, Legal substances like cigarettes and beer are still used by homeless youth (Ayenew et al., 2020). However, because these narcotics are so expensive, young people living on the streets of the central business district of Harare have exhibited less interest in using them. Karl Marx and Archer (1988) both pointed out that people make decisions, but not always under the conditions they choose. Children living on the streets' refusal to consume cigarettes and beer demonstrates that, even if they have options, their options are constrained by their financial means. Only a small percentage of people utilize these drugs, especially those with more money.

#### 4.2.3 Marijuana

Some participants indicated that youth sometimes use skunk (marijuana) which they claimed to have a desired knock-on effect on them. However, only two of the participants who participated in the study reported their children have used it. Participant 1 noted that; *“I personally thought that, marijuana is for older people, that’s what I know growing up, my father was also smoker of marijuana, but he started it at later ages, you know I was surprised to see my son with marijuana in his trouser, it’s still troubling me up to this day, imagine someone born in 2004, where did he learn it, but its problem which is everywhere, every parent is crying, I don’t know who is selling marijuana here...”*

Participant 3 also said, *“...I always think that, it’s me who failed to raise my child in proper way, but I realized that, our children are growing up in difficult times, my son is not yet 20, but he smokes marijuana a lot, even his father has nothing to say, if you get in his room, you will be overwhelmed by the smell of marijuana, we tried to send him to rural area, but he became worse, he becomes restless whenever he took marijuana...”*

Key informant 1 highlighted that, *“...when we grow up marijuana was very very popular but it was illegal, the coming of other contemporary drugs made it to be a little bit hidden, but I’m not surprised that, many youth are still taking marijuana in Domboramwari, in fact, we were handling a case of a father who gave his son marijuana, as someone who is in national drug taskforce, I would say marijuana is used in many communities by the youth, perhaps it’s because marijuana is a very strong drug...”*

These findings confirmed that, marijuana is one of the drugs used by the youth in Domboramwari. This also aligns with existing literature, according to Sarker et al. (2017) and Mahmud et al. (2011), there have been several reports of young people living on the streets using skunk, cannabis, or marijuana, particularly in Bangladesh and Senegal. In Cameroon, young people who are homeless also take these drugs extensively (Cumber and Tsoka-Gwegweni, 2016; Mabouopda et al., 2022). According to Jakaza and Nyoni (2018), this substance is prohibited but reasonably priced when compared to other hard-core narcotics. Due to its indigenous production, the drug is frequently utilized in Zimbabwe (Nhapi, 2019; Zvira, 2016; Maraire and Chethiyar, 2020a). Consequently, young people in Domboramwari also use it.

#### 4.2.4 Tumbwa

There are other participants who reported that the youth are taking some highly intoxicating beers popularly known as Tumbwa. These beers are packed in very small containers and are reputed for having a high intoxicating effect on users.

Participant 2 submitted that, *“...eish you cant understand what is happening, these 2000s generation is troubling us...what can you do when you find your child with highly intoxicating beer (tumbwa)... I thought to beat him up but I restrain myself, fearing to commit a crime... I brought him to the police and they disciplined him, but honestly, nothing changed, he is still taking this highly intoxicating beer...”*

Confirming the use of tubwa, participant 6 narrated that, *“...when I heard on television that drug and substance abuse is now the second pandemic after COVID-19, I thought it’s all about television content, I take them serious when it came to my house, truly my son has no future because of these highly intoxicating beers, I appeal to you to submit our message to authorities that, the youth are being destroyed by highly intoxicating beers in Epworth...”*

Key informant 2 also said, *“...these highly intoxicating beers became very popular in Epworth soon after COVID-19 pandemic, the wave is so alarming, I don’t know why youth decide to take these deadly drugs, in Epworth we heard about bases where these beers are sold, the authorities have tried to sue the alleged sellers, but seems like they are not winning, last week we also heard a child who died after taking these highly intoxicating beers without eating, it’s very sad...”*

This corresponds with previous studies findings. Jakaza and Nyoni (2018) observed that young people living on the streets in the central business district of Harare were using this kind of substance. They categorized it as a hard-core narcotic that was being used by young people living on the streets. Numerous variables, including prohibitive pricing and lack of availability on the streets, may have contributed to its lower use during the study period. Even after five years, the findings of Jakaza and Nyoni's (2018) study regarding the substance usage of Tumbwa by homeless children remain relevant. The usage of broncleer by homeless youngsters was also extensively documented, according to other investigations. According to Nhapi (2019), broncleer is a highly addictive and illicit narcotic that is used by many people in Zimbabwe, including homeless kids. Because of its strong intoxicating effects, people prefer it. The users desire this effect, despite the fact that it is detrimental to their health. Jakaza and Nyoni (2018) have also observed that the intoxicating impact of the chemical attracts consumers. However, Nhapi (2019) points out that the chemical has unexpected repercussions of addiction.

#### **4.3 SOCIOECONOMIC CHALLENGES OF SUBSTANCE ABUSE ON FAMILIES IN DOMBORAMWARI, EPWORTH.**

Participants revealed many socio-economic challenges of families with youth abusing substance abuse in Domboramwari. Loss of income, community discrimination and stress and depression emerged as sub-themes under this objective. This was revealed by both primary participants and key informants during in-depth interviews.

##### **4.3.1 Loss of Income**

Loss of income emerged as one the economic challenges subjected to families with youth abusing drugs in Domboramwari, Epworth. Participants highlighted that, they are loosing their incomes because of drug and substance in Domboramwari among the youth.

In this context, participant 9 said, “...*My son stopped going to school and now steals from home. Im a single mother who survive by selling vegetables at that corner... At one point I left without capital, because my son stole the money to buy drugs...*”

Participant 4 also said, “...*its very difficult, Im now tired of sending my son to rehabilitation but its not working, the last I send him, I had to pay 800US dollars, he went there for one month, I failed to continue paying because that money equates to my two months salary, so its like I will be working for him, what will i give to other children*”

Key informant 3 also submitted that, “...it’s very expensive to rehabilitate a child from drugs and most parents cannot afford, those who opt rehabilitation sacrifice their incomes, but we have seen a lot of parents sending their children to rehabilitation, but I’m telling you it’s a sacrifice, most of these parents erode their incomes to aid their children from drugs...”

These findings indicate that, families experiencing significant financial burdens. Youth substance usage frequently resulted in home theft, property damage, and loss of funds for unofficial businesses. Literature in Zimbabwe has continuously emphasized how substance misuse has a detrimental effect on family income and work. According to Mavhunga (2022), drug addicts, especially those living in densely populated suburbs of Harare, have a harder time finding steady employment, which puts more financial hardship on their family. Similar findings were made by Dhemba (2021), who found that when a primary breadwinner develops a substance use disorder, household income is greatly impacted and that families frequently turn to informal trade or extended family members to make ends meet. According to Gwatirisa and Chiweshe (2020), young males who use drugs like crystal meth and marijuana find it difficult to keep a job, which causes their families to fall into even greater poverty. Furthermore, Nyamukapa (2019) discovered that substance misuse feeds the cycle of intergenerational poverty since children from impacted households frequently leave school to find employment and provide for their families.

#### **4.3.2 Societal Discrimination**

Societal discrimination was also implicated as one of the challenges faced by families of youth abusing drugs in Dombomwari. Key informants also acknowledged the prevalence of segregation of families of the youth who abuse drugs in Domboromwari.

Participant 2 had this to say, “...What surprise me is that as a community we have failed to empathise with each other about drug and substance abuse, imagine, people would say don’t interact with him because he has failed to raise his child, what is my problem, that’s not a good thing...”

Participant 3 had this to say, “... People avoid us. They say our family is cursed. Even neighbors no longer let their kids play near our house, it seems like we educate children to take drugs, its something that comes unexpectedly, its really bad...”

Commenting on the same issue, key informant 1 also said, “...you know the issue of drug and substance abuse is very topical these days and every parent wants to protect his or her child by any means, so sometimes they do so by avoiding those children who are into drugs, so to the community it may seem to segregation but it’s a protective mechanism in a way...”

These findings show that, families are being socially ostracized. There is a strong stigma associated with drug abuse that affects the entire household, not just the youth involved. Literature also revealed that, impacted families frequently need welfare help, housing support, and food aid, substance misuse increases reliance on social services. Families with a substance-abusing member are more likely to rely on government assistance programs in the US because of job loss and unstable finances, according to Solomon et al. (2019). In a similar vein, research conducted in the UK by Schofield et al. (2020) found that families dealing with financial difficulties often turn to social housing, child support, and food assistance programs. Families impacted by substance misuse frequently turn to social assistance systems in Canada for housing, healthcare, and financial support (Macdonald and Wohlfarth (2019). In Asia, substance misuse has led to a rise in social assistance dependency in Japan. Families impacted by addiction frequently apply for government housing and unemployment benefits, according to Matsumoto et al. (2020). Families in India with drug-dependent members often turn to non-governmental organizations and community assistance programs for medical and food assistance, according to Kumar et al. (2019). According to a study conducted in Malaysia by Karim et al. (2021), substance addiction has made low-income households more dependent on government assistance.

#### 4.3.3 Stress

Participants shared experiences of severe emotional distress, feelings of helplessness, and in some cases, signs of depression due to their child’s behavior and the associated challenges.

Participant 9 had this to say, “...I cry every night alone. Sometimes I feel like running away. It’s too much to bear, this is the only child I was given by God, that’s what eating me up, the future of my child is compromised, even the future of my family is at stake, its painful to me...”

Participant 1 also said, “...no parent wants her child to engage in drugs...my child was very bright in school, I always say you will be the first doctor in our family, he was very smart, but he suddenly

*started to engage in truancy because of drugs, if I tell you he had never went back to school since 2023, I don't have rest in my mind, it deeply touch me..."*

Key informant 2 also submitted that, "... yes indeed, drug and substance has a major implication on families of these youth. Do you know some of these children are even below the age of 18 and in those cases the parent might not sleep, thinking about the child, it becomes very difficult for the parent, as you aware some of the parents are single ladies while some might be out of the country and it affects them mentally..."

These findings indicate that, drug and substance abuse also cause stress and depression on families of the youth who abuse drugs. As submitted by primary participants, they feel very stressed and depressed about their children. Key informants also confirmed that drug and substance abuse has psychological implications to the families of these youth. Literature highlights that, Children's and young adults' scholastic progress is severely disrupted by substance addiction in households. According to a 2019 study by Johnson et al., children from substance-abusing homes in the US have greater school dropout rates, worse academic performance, and more behavioral problems as a result of parental neglect and unstable finances. Teenagers from drug-dependent homes frequently have trouble focusing, attending class, and participating in school, which lowers their graduation rates, according to Yap et al. (2020) in Australia. Similarly, Smith and White (2018) discovered in Canada that parental substance abuse impacts children's access to high-quality education since funds intended for school supplies and fees are frequently used to maintain addiction.

There is growing evidence of disruptions in education caused by substance usage across Asia. Children in alcohol-affected homes in India experience erratic school attendance as a result of parental neglect and financial difficulties, according to Kumar et al. (2021). According to a Zhang et al. (2020) study conducted in China, drug misuse in families causes psychological discomfort in children, which lowers their motivation for school and raises the school dropout rate. Many children from drug-affected households in Indonesia are compelled to work as minors in order to make up for the lost household income, which restricts their access to education (Santoso et al., 2021).



#### **4.4 STRATEGIES THAT CAN BE IMPLEMENTED TO REDUCE SUBSTANCE ABUSE IN DOMBORAMWARI, EPWORTH.**

Participants suggested various ways that can be implemented to reduce drug and substance use among the youth in Domboramwari. Both primary participants and key informants were of the view that, youth engagement in sports and skills training, law enforcement and regulation of drug supply and community-based awareness programs are among strategies which can be implemented to reduce drug and substance uptake among the youth in Domboramwari.

##### **4.4.1 Engagement in Skills Training**

Many participants cited idle time as a major contributor to drug use among the youth in Domboramwari, Epworth, therefore youth engagement in sports and skills training can be very efficacy as submitted by participants. This was also reinforced by key informants during in-depth interviews.

Participant 7 had this to say, *“If we had more sports grounds or youth clubs, fewer boys would be roaming around using mutoriro, so to resolve this, we need the authorities to return back sports and academies we hear from other countries otherwise, what the youth is doing has no future...”*

Participant 4 submitted that, *“...Sometimes our children get into drugs because they have nothing to do, so these children need something to do, for instance if these children get some skills in vocational colleges, it can help by keeping them occupied and they might leave drugs, this can help in some way...”*

In support of skills training, key informant 1 said, *“...we have been discussing this with the national drug taskforce and it has been concluded that, although rehabilitation is helpful, as long as these youth has nothing to do they can go back to drugs, so it was unanimously agreed that, these youth need something that occupy them and skills training through vocational institutions play a very crucial role...”*

These findings highlighted the importance of youth engagement in sports and skills training in reducing drug uptake in Domboramwari. However, literature tells us that, family-based therapies have become more popular in the Asian community as a means of addressing the negative impacts of substance misuse. Family-focused cognitive-behavioral treatment (CBT) decreased relapse rates among people in recovery from opioid addiction in China, according to Wang et al. (2021).

Culturally adapted family therapy programs in India have been demonstrated to significantly enhance recovery outcomes by tackling the familial conflict and social stigma associated with drug dependency (Sharma et al., 2020). According to Saito and Takahashi (2019), family intervention workshops led by mental health professionals in Japan improved family support networks and helped reduce relapse-related stressors. Family-based approaches are being used in Africa to address the problem of substance misuse. According to Van Der Westhuizen et al. (2021), community-based family intervention programs in South Africa that incorporate family counseling and substance abuse treatment lower relapse rates and enhance family stability in general. Adebayo et al. (2020) observed that by fortifying social ties, including extended family support into rehabilitation initiatives improves the success of substance misuse recovery in Nigeria. Rebuilding family structures damaged by substance addiction has been made easier in Kenya by incorporating family therapy into national drug recovery programs, according to a study by Mutiso et al. (2019).

#### 4.4.2 Regulation of Drug Supply

Participants implicated easy access to substances as a major enabler of drug and substance abuse in Domboramwari. Primary participants were expectant that, if law is enforced and the drug supply is regulated, the problem of drug and substance use among the youth can be reduced in Domboramwari.

In that context, participant 6 said, *“Everyone knows who sells these drugs, but nothing is done. The police need to act. Truly, can we be at the stage we are in now, yet we have the police which ensure that the law is enforced and maintained, I don’t real know what is happening with our country, its very sad honestly...”*

Participant 5 also said, *“... We had so many challenges in our nation and this drug abuse pandemic cannot be a challenging problem, it’s very simple, the law enforcement agents should do their job, everyone caught selling drugs should be arrested, if this policy works I bet you within a week we will not have drugs in the streets, these people are well known and they are living scot-free , it’s so disgusting...”*

Key informant 3 also said, *“...the government came up with a multiplicity of policies and legal instruments which regulate drug and substance use including setting up the national taskforce, but what we observe is that, the youth are still taking these drugs and the problem is always on*

*implementation of this policies and we can blame the police for failing to enforce these policies... in some places we hear that, police are getting bribes from the drug lords and its very frustrating considering the devastating implications of drugs on youth... ”*

These findings also show that, law should be enforced to ensure that, the drug supply is cut and reduced, the police should also do their work in enforcing laws and policies which govern drug and substance abuse. This aligns with existing literature. globally, governments have addressed the impact of substance misuse on families by enacting laws and regulations. The Comprehensive Addiction and Recovery Act (CARA) has improved family-focused substance abuse prevention programs in the United States, according to Volkow et al. (2019). The National Drug Strategy in Australia places a high priority on harm reduction and family-based rehabilitation services, according to Ritter et al. (2020). According to Stevens et al. (2018), government initiatives in the UK that prioritize early intervention and support services for families impacted by drug usage have decreased the prevalence of dependency.

Additionally, a number of nations have put laws into place to lessen the negative impacts of substance misuse. According to Liu et al. (2020), the Anti-Drug Law in China places a strong emphasis on family involvement requirements and community rehabilitation initiatives. The National Drug Dependence Treatment Centre (NDDTC) in India collaborates with local governments to offer comprehensive family-based substance addiction therapies, according to Chatterjee et al. (2019). Hamid et al. (2021) discovered that national rehabilitation policies in Malaysia prioritize the use of structured social programs to reintegrate recovering addicts into family environments.

#### **4.4.3 Community-Based Awareness Programs**

Participants emphasized the need for consistent education on the effects of drugs on the youth. Key informants also emphasized the importance of awareness which targets community members. This was revealed during in-depth interviews in Domboramwari, Epworth.

Participant 4 had this to say, *“Many youths don’t really know the damage these substances cause. So, we need a continuous conversation in different ways, maybe that can change their mindset, sometimes its because of lack of knowledge, they just do it because others are doing it but without fully knowledge that they are destroying themselves slowly....”*

Participant 3 also said, “...*the truth is something has to be done, you know what, those efforts we perceive to be small, they work, I was just thinking that we need to see awareness campaigns every week here in Epworth, it might not help all the youth but someone might get help and quit drugs, because children being children, they do things because of its popularity at the time...*”

Key informant 3 also submitted that, “...*we need another wave of awareness campaigns if we want to arrest substance misuse among the youth, the situation is getting out of hand, so we need to act swiftly to assist these youth, even the future generation is at high risk, so the government should work with NGOs on mass awareness campaigns in communities, this can be very helpful especially here in Domboramwari...*”

These findings indicate that, awareness are very instrumental in addressing drug and substance use in Domboramwari. This corresponds with the existing literature. Literature revealed that, community-based interventions have played a significant role in addressing substance abuse effects on families. According to Hawkins et al. (2019), local community coalitions like Drug-Free Communities (DFC) considerably lower substance misuse in the US by implementing grassroots prevention and education programs. Mutual aid organizations like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) offer crucial peer support that promotes recovery and lessens stress among family members, according to Livingston et al. (2020) in the United Kingdom.

Fischer et al. (2018) investigated the efficacy of neighborhood-based rehabilitation programs in Canada and found that structured social support networks enhance the reintegration of substance abuse recovery patients. Community-led interventions for substance abuse are becoming more and more well-known in Africa. According to Parry et al. (2021), community rehabilitation facilities in South Africa offer crucial counseling services and training in life skills to families afflicted by substance abuse. Olawale et al. (2020) discovered that religious and traditional support systems are important sources of moral and psychological support for families in Nigeria who are struggling with drug-related problems. Oteyo and Kariuki (2019) investigated how community outreach initiatives in Kenya can lessen the stigma associated with substance misuse and increase access to recovery treatments.

#### **4.5 CHAPTER SUMMARY**

In this chapter, the findings of this study were presented basing on the themes which emerged from data analysis after the field research was carried out. The main focus of this chapter was to present data which was collected. The demographic information of participants from Domboramwari, Epworth was presented in this chapter. Data was analysed using thematic analysis. The following chapter covered study summary, conclusions and recommendations of the study.

### **CHAPTER FIVE**

#### **SUMMARY CONCLUSIONS AND RECOMMENDATIONS**

##### **5.0 INTRODUCTION**

This chapter dwelled on summary of findings, conclusions, recommendations as well as implications to the social work practice based on study findings. Research aims at exploring the consequences of substance abuse on families with a focus on Domboramwari. These conclusions, summary and recommendations were driven from the findings of the study.

##### **5.1 SUMMARY OF THE FINDINGS**

This aligns with defined objectives and questions of the research presented below.

### **5.1.1 DIFFERENT TYPES OF SUBSTANCES USED IN DOMBORAMWARI, EPWORTH**

The findings highlighted that, the youth in Domboramwari abuse glue. Some participants indicated that youth sometimes use skunk (marijuana) which they claimed to have a desired knock-on effect on them. However, only two of the participants who participated in the study reported their children have used it. There are other participants who reported that the youth are taking some highly intoxicating beers popularly known as Tumbwa. These beers are packed in very small containers and are reputed for having a high intoxicating effect on users. These findings revealed that, the youth are using cigarettes and beer in Domboramwari.

### **5.1.2 SOCIOECONOMIC CHALLENGES OF SUBSTANCE USE ON FAMILIES IN DOMBORAMWARI, EPWORTH.**

Participants revealed that, loss of income is one the economic challenges subjected to families with youth abusing drugs in Domboramwari, Epworth. Participants highlighted that, they are loosing their incomes because of drug and substance in Domboramwari among the youth. Societal discrimination was also implicated as one of the challenges faced by families of youth abusing drugs in Dombomwari. Key informants also acknowledged the prevalence of segregation of families of the youth who abuse drugs in Domboramwari. The participants further submitted that, severe emotional distress, feelings of helplessness, and in some cases, signs of depression due to their child's behavior are also challenges faced by families with youth who abuse drugs in Domboramwari.

### **5.1.3 STRATEGIES THAT CAN BE IMPLEMENTED TO REDUCE SUBSTANCE ABUSE IN DOMBORAMWARI, EPWORTH.**

As submitted by participants idle time is a major contributor to drug use among the youth in Domboramwari, Epworth, therefore youth engagement in sports and skills training can be very efficacy as submitted by participants. This was also reinforced by key informants during in-depth interviews. Primary participants were expectant that, if law is enforced and the drug supply is regulated, the problem of drug and substance use among the youth can be reduced in Domboramwari. Participants emphasized the need for consistent education on the effects of drugs on the youth. Key informants also emphasized the importance of awareness which targets community members.

## 5.2 CONCLUSIONS

Participants submitted different substances which were used by the youth residing in Domboramwari as presented by both primary and secondary participants. The study concludes that, the most common substance which they use is glue which is an adhesive. The second commonly used types of substances are cigarettes of different types. However, the researcher concludes that, as compared to glue sniffing, these ones are less used. The participants noted that youth use a lot of cigarettes. Some participants indicated that youth sometimes they use skunk (marijuana) which they claimed to have a desired knock-on effect on them. However, only two of the participants who participated in the study reported their children have used it. The study found many socio-economic challenges of families with youth abusing substance abuse in Domboramwari. The study therefore concludes that, loss of income, community discrimination and stress and depression emerged as sub-themes under this objective. It can be further concluded that, these challenges are affecting the social-functioning of families in Domboramwari as observed by the researcher during in-depth interviews with participants in Domboramwari. Participants suggested various ways that can be implemented to reduce drug and substance use among families in Domboramwari. As submitted by both primary participants and key informants, the study concludes that, youth engagement in skills training, regulation of drug supply and community-based awareness programs are among strategies which can be implemented to reduce drug and substance uptake among the youth in Domboramwari.

## 5.3 IMPLICATION TO SOCIAL WORK PRACTICE

To put this into context, the researcher gives a definition of Social Work. According to IFSW (2014) Social Work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and indigenous knowledge, social work engages people and structures to address life challenges and enhance wellbeing.

Since the profession is also anchored on social justice, it is very imperative for Social Workers to advocate for drug free society, Social Workers, in this regard play a significant role. This can be done by providing by implementing social work generalist approach. Social Workers can

therefore, advocates for corrective mechanisms to ensure that affected families are assisted to restore their social functioning. One of the mandates of Social Workers is to enhance the well-being of individuals, families and communities, the findings reveal that the well-being of families and the community is under siege. Social Workers are facilitators and organizers with regard to the finding of the study, Social Workers can play an imperative role in trying to address drug and substance abuse among the youth in Domboramwari.

## **5.4 RECOMMENDATIONS**

Based on research findings and conclusions, the study recommends the following:

### **5.4.1 Recommendations to Policy Makers**

The study recommends that the fight against substance use, particularly among youth should be integrative, comprehensive, coordinated and participatory. The state should consider coming up with a very clear and comprehensive policy which is aimed at addressing substance abuse among the youth. The state should, in doing this, include the affected families in the debate. The study has shown that the families are active participants in the processes which affect them and are experts of their situations. They should thus be rightfully treated as rights holders who deserve consultation in policies which affect them.

The study also recommends the urgent updating of the Drug Use Act to ensure that all new substances are added on the list of prohibited drugs.

The study further recommends an urgent alignment of the Criminal Law [Codification and Reform] Act 9:23 to allow for effective prosecution of those who trade in illegal substances.

The study echoes and supports the recommendation made by the Zimbabwe Drug Support Network that the government considers decriminalizing substance use as this has ramifications on the survivors who are forced to go underground and shy from seeking help on substance use related challenges.

### **5.4.2 Recommendations to non-state actors interested in children's welfare and child protection**



The study recommends that the different actors interested in child welfare and child protection, as they target the youth, should consider coming up with holistic, respectful and coordinated programmes which can effectively rehabilitate and reintegrate the youth. They should not work as silos as this provides room for failure. The study respectfully recommends that these different participants should come together to find lasting solutions to the problem of substance use among the youth.

#### **5.4.3 Recommendations to law enforcement agents**

The study further recommends, to the law enforcement agents, to intensify efforts on cutting the supply side of the substances. The youth find it easy to access cheap substances on the streets and if the law enforcement agents continue to bust the drug dealers, the substance market would be effectively starved thereby significantly reducing substance uptake by the youth.

#### **5.4.4 Recommendations to the Participants**

The study recommends that, participants should help the affected members to rehabilitation centers since substance abuse can have far reaching consequences if it remains unaddressed. Participants should also form social support networks in Domboramwari. These support networks can be very important coping mechanisms.

### **5.5 AREAS OF FUTURE STUDY**

The study dwelt much on the consequences of substance abuse on families, however, the study recommends that, future studies should dwell on comprehensively understand the long-term psychosocial impact of substance abuse on families. Comparative studies between youth and adults on substance abuse are also needed. Intervention based research are also recommended to evaluate the effectiveness of psychological support or coping programs. The researcher is also of the view that, future studies should also focus on specific type of substances not exploring substance in general.

### **5.6 CHAPTER SUMMARY**

This chapter summarised the research findings which were done by the researcher, conclusions were also drawn from the research findings and recommendations were also suggested by the researcher based on the research findings. The chapter also provides implications of the study to Social Work practice as well as focus of future studies.

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## **CONSENT FORM**

### **Introduction:**

I am conducting a research study titled "CONSEQUENCES OF SUBSTANCE ABUSE ON FAMILIES. CASE OF DOMBORAMWARI, EPWORTH" as part of my Bachelor of Science Honours Degree in Social Work. The purpose of this study is to explore the societal knowledge and understanding of the consequences of substance abuse on families. Your participation in this study is entirely voluntary.

### **Procedures:**

If you agree to participate in this study, you will be asked to participate in one of the following activities:

1. Interview: You will be interviewed individually. The interview will be conducted by the researcher and will last approximately [45 minutes]. The purpose of the interview is to gather in-depth information about your knowledge and understanding of autism.
2. Focus Group Discussion: You will participate in a focus group discussion with other participants. The discussion will be facilitated by the researcher and will last approximately [estimated duration]. The purpose of the focus group discussion is to explore the challenges associated with accessing education by children with autism in Zimbabwe.
3. Key Informant Interview: You will be interviewed individually as a key informant. The interview will be conducted by the researcher and will last approximately [estimated duration]. The purpose of the key informant interview is to examine the interventions implemented by state and non-state actors in addressing the challenges faced by children with autism in accessing education.

**Confidentiality:**

Your participation in this study will be kept strictly confidential. Your personal information and responses will be anonymised, and any identifying information will be removed or replaced with pseudonyms. Only the researcher and authorized personnel involved in the research study will have access to the data collected.

**Voluntary Participation:**

Participation in this study is entirely voluntary, and you have the right to withdraw at any time without penalty. Your decision to participate or not to participate will not affect your relationship with Bindura University of Science Education or any other organization associated with this study.

**Benefits and Risks:**

While there may be no direct benefits to you as a participant, your participation will contribute to the understanding of consequences of substance abuse on families. There are minimal risks associated with participation, such as the possibility of discomfort or emotional distress when discussing personal experiences or challenges. However, the researcher will provide appropriate support and referrals to relevant resources if needed.

**Contact Information:**

If you have any questions or concerns about this study, you may contact the researcher, Clara Maguma, at [071 758 2733]. Additionally, if you have any questions or concerns about your rights as a participant, you may contact the Research Ethics Committee at Bindura University of Science Education.

**Statement of Consent:**

I have read and understood the information provided above regarding the research study. I have had the opportunity to ask questions, and my questions have been answered satisfactorily. I voluntarily agree to participate in the study and understand that I am free to withdraw at any time without penalty.

**Participant's Name:** \_\_\_\_\_

**Participant's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**INTERVIEW GUIDE FOR PRIMARY PARTICIPANTS**

Good day to you. I would like to acknowledge your participation in this interview. I'm Clara Maguma, a final year student at Bindura University of Science Education. I am studying for a Degree in Social Work. I am carrying out a research to fulfill my academic requirements. I would like to ask you what you understand on the consequences of substance abuse on families in Domboramwari, Epworth. Your response will be kept confidential and no names will be mentioned in the research report. Thank you.

What are different types of substances used in Domboramwari?

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Can you explain new substances which are abused in Domboramwari?

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In your opinion, how accessible are these substances?

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What are the social challenges of substance abuse on families?

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Can you briefly explain the economic challenges of substance abuse on families?

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What do you think should be done to reduce substance abuse in Domboramwari?

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What do you think is the role of the government in addressing substance abuse in Domboramwari?



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### **INTERVIEW GUIDE FOR KEY INFORMANTS**

Good day to you. I would like to acknowledge your participation in this interview. I'm Clara Maguma, a final year student at Bindura University of Science Education. I am studying for a Degree in Social Work. I am carrying out a research to fulfill my academic requirements. I would like to ask you what you understand on the consequences of substance abuse on families in Domboramwari, Epworth. Your response will be kept confidential and no names will be mentioned in the research report. Thank you.

What are different types of substances used in Domboramwari?

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Can you explain new substances which are abused in Domboramwari?

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In your opinion, how accessible are these substances?

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What are the social challenges of substance abuse on families?

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Can you briefly explain the economic challenges of substance abuse on families?

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What do you think should be done to reduce substance abuse in Domboramwari?

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What do you think is the role of the government in addressing substance abuse in Domboramwari?

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**APPROVAL LETTER FROM THE UNIVERSITY**

**APPROVAL FROM THE HARARE CITY COUNCIL**