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RESEARCH TOPIC:

Combating drug and substance abuse among youths. The case study of Chitungwiza district, ward 14.

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APPROVAL FORM

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DEDICATION

I dedicate this to my parents and sisters and all the youths who have given up hope.

ABSTRACT

This dissertation explores the interconnected causes of drug and substance abuse among youths in Chitungwiza Ward 14, Zimbabwe, and investigates ways to control, mitigate, and implement measures to address the effects on the youths, the community, and the country as a whole. Drug and substance abuse is a critical global issue that encompasses the hazardous use of psychoactive substances, including illicit drugs and the use of alcohol and tobacco. It negatively affects the mental and physical development of young people, with significant health, social, and economic consequences.

Globally, the rise in drug abuse among youths has birthed various problems, including increased risk of HIV/AIDS, hepatitis C, and other infectious diseases through reckless behaviour. In Africa, the impact of drug and substance abuse among youths is amplified by a lack of facilities, efficient control measures, and weak policies. Zimbabwe has suffered similar negative impacts, such as links between drug abuse and crime, mental health problems, and the loss of social cohesion within communities. Disturbingly, the age of engagement in drug abuse is decreasing, with even children as young as ten years old reported to be abusing dangerous drugs and substances.

The study employed a mixed-methods approach, combining qualitative and quantitative data collection methods. In-depth interviews were conducted with 35 young drug and substance abuse victims, their families, community leaders, and government officials. Additionally, a survey was administered to 150 youths in Chitungwiza Ward 14 to gather broader data on the prevalence, patterns, and motivations behind drug and substance abuse.

The findings reveal that the primary drivers of youth drug and substance abuse in Chitungwiza include peer pressure, lack of parental guidance, poverty, and the availability of cheap and easily accessible substances. The study also highlights the significant impact of drug abuse on the mental and physical health of young people, as well as the wider social and economic consequences for the community.

Despite the Zimbabwean government's implementation of a zero-tolerance policy towards drug abuse, this approach has not been effective in controlling the surge in the number of youths involved in drug and substance abuse. The rates of youth drug abuse have continued to increase, and the zero-tolerance policy, which involves sentencing drug abusers, has not proven to be a successful deterrent measure.

The study suggests that policymakers should revisit the existing drug laws and consider a more rehabilitative strategy, which could include increased funding for evidence-based treatment and counselling programs. Additionally, the implementation of harsher penalties for drug handling individuals, especially those targeting and exploiting vulnerable youth, could be a complementary approach to address the supply-side of the problem.

The dissertation aims to provide valuable insights into the complex issue of youth drug and substance abuse in Chitungwiza, Zimbabwe, and to inform the development of more effective policies and interventions to address this growing problem. The findings may have broader implications for addressing similar challenges in other African countries and contribute to the ongoing global efforts to combat drug abuse among young people.

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CHAPTER 1

INTRODUCTION

1.1 Background to the study

Drug and substance abuse is a critical global issue that encompasses the hazardous use of psychoactive substances, including illicit drugs like heroin, cocaine, methamphetamine, as well as the use of alcohol and tobacco (UNODC, 2019). Drug abuse, defined as the chronic or habitual use of substances to modify one's mood, emotions, or state of consciousness, is a critical social and health issue that negatively affects the mental and physical development of young people. This issue not only affects the youths themselves, but also has broader economic

and social implications for the surrounding environment. The aim of this study is to explore the interconnected causes of drug and substance abuse among youths in Chitungwiza Ward 14, and to investigate ways to control, mitigate, and implement measures to address the effects on the youths, the community, and the country as a whole.

Globally, there are several indicators that indicate how the youth have been increasingly involved in drug and substance abuse and how it is not just a national problem. This is a view on how the rise in global drug abuse among youths has birthed problems and therefore gives us a better angle on how to combat it. Drug abuse in youth can have significant health, social, and economic consequences, and it is associated with increased risk of HIV/AIDS through reckless behaviour from influence, hepatitis C, and other infectious diseases. There are a variety of global perspectives on drug and substance abuse which includes the increased burden on the health system since drug and substance abuse can be attributed to a variety of health problems including mental health issues, HIV/AIDS and other infectious diseases. For example, according to Diaz C (2017), in Mexico there has been an increase in HIV/AIDS cases particularly among injection drug users with an estimated 150000 people living with the virus. In addition, drug and substance abuse has led to a rise in crime and violence, homicides which has strained their health system due to the increased demand for treatment.

In Africa, we can feel the impact of drug and substance abuse among youths more because of lack of facilities and efficient control measures including weak policies and half-hearted law enforcement. Drug and substance abuse by youths has led to lost productivity and a decreased economic growth with the governments having an increased spending on drug control and treatment. In Nigeria Africa, the country has a large population of young people who are vulnerable to drug and substance abuse. The institution, National Drug Law Enforcement Agency has estimated that up to 40% of young people in Nigeria have experimented with drugs. This has been a setback on productivity as a number of them will drop out of school or work to engage in drug abuse. There has been an increase in carjacking and robberies often linked with exposure to drugs and substances and thus there will be an economic decline in productivity due to lack of enough human personnel and the deviation of funds to the treatment and control measures of drug and substance abuse effects (UNODC, 2018).

Zimbabwe has suffered the same negative impacts of drug and substance abuse which have been linked to crime like thefts and robberies to fund for their drug habits. Mental health problems have been on the rise including anxiety, suicidal thoughts, depression which has been

exacerbated by drug abuse and even the increased transmission of sexually transmitted diseases through risky sexual behaviour by the youth. The health complications arising from drug and substance abuse have contributed significantly to the issue, with 45% of admitted patients in Zimbabwe's mental health institutions in 2019 being drug-abusing youths (Rwafa et al, 2019).

Additionally, there have been links between drug and substance abuse and the loss of social cohesion and trust within communities, as the drug-using youths become increasingly isolated from their friends and family. Disturbingly, the age of engagement in drug abuse is decreasing, with even children as young as ten years old reported to be abusing dangerous drugs and substances (Mazuru, 2018). The situation of drug abuse among Zimbabwean youth has become alarmingly widespread, with approximately 43% of youths reported to engage in drug abuse in 2017, a figure that rose to 45% in 2018 and further increased to 57% in 2019 (Zimbabwe Civil Liberties and Drugs Network, 2019).

This breakdown of social networks and relationships within communities and families is prevalent in Chitungwiza where drug and substance abuse has led to the formation of criminal gangs that have taken advantage of breakdown in trust to engage in illicit activities such as theft and extortion. This has had a devastating effect on the community and has made it difficult for people to live in safety and security. Most of these young drug abusers become violent and physical to their families, become rebellious, sell home property to buy more drugs, and exhibit irrational anger (Mahiya, 2016). Moreover, this has compromised productivity in terms of development in economic and social setup. Drug and substance abuse has furthermore been attributed to the rise in unwanted teen pregnancies due to its removal of inhibition in these young people. It has become a norm to see so many young children from age 15-21 already taking care of babies without fathers or being in young marriages due to the influence of high consumption of drugs and substances. The United Nations Population Fund published a report in 2019 that 21% of girls between the years of 15-19 had given birth.

1.2 Statement of the problem

Chitungwiza District has been selected as the place of study by the student because it has recently been one of the high density suburbs where drug and substance abuse by youths is rising subtly to a level of concern while the laws and policies that are in place are not being efficient enough to control the practices and outcomes regarding public health, social well-being, and community development. Zimbabwe has implemented a policy of zero tolerance towards drugs, whereby the government takes a strong and enforcement-oriented approach to all drug abuse-related issues (Nhapi, 2019). This zero-tolerance policy serves as a deterrent

measure, intended to discourage both potential and current drug abusers (Kundwei & Mbwire, 2020). This approach is expected to be particularly effective in addressing drug abuse among school-age youths, who are reportedly fearful of the police and the enforcement process.

Despite the Zimbabwean government's implementation of a zero-tolerance policy towards drug abuse, this approach has not been effective in controlling the surge in the number of youths involved in drug and substance abuse. In fact, the rates of youth drug abuse have continued to increase (Nhapi, 2019). The zero-tolerance approach, which involves sentencing drug abusers, has been largely disregarded by some young offenders. After serving their court-mandated sentences, these youth drug abusers often return to the same environments and mind-sets that contributed to their initial drug use, often with the added burden of a criminal record (Makande, 2017). This suggests that the current policy framework may be inadequate in addressing the root causes of youth drug abuse in Zimbabwe. Policymakers should revisit the existing drug laws and considering a more rehabilitative strategy to the drug abusing youth, while potentially implementing harsher penalties for drug handling individuals (Makande, 2017). This multifaceted strategy may be more effective in curbing the escalating drug abuse crisis among Zimbabwean youth

By decentralizing mental health facilities and providing them with human and logistical resources, the Ministry of Health and Child Care, Zimbabwe, has achieved impressive progress in enhancing the country's mental health system (Mangezi & Chibanda, 2010). Adolescents with drug abuse-related mental illnesses are admitted to mental health facilities, where they receive medical attention, detoxification programs, and inpatient rehabilitation including cognitive behaviour therapy, occupational therapy, and family counselling when needed (Nhunzvi et al., 2019).

These efforts by the Zimbabwean government demonstrate a commitment to providing specialized support for young people struggling with drug-induced mental health challenges, with the goal of facilitating their recovery and reintegration into their communities. This plan has not achieved its targets because a look at the current state of the health sector and its institutions can narrate how these services are not provided because of lack of proper funding for equipment, medicine, enough institutions to cover for all cases and the payments of workers to ensure effective rehabilitation.

Regular awareness campaigns about drug misuse and its impacts on the community are carried out by the Zimbabwe Republic Police Departments of Drugs and Narcotics, Community

Policing, and Crime Prevention (Magaya, 2017). While it is a commendable move on ZRP's part, with due respect, these drug abuse campaigns do not serve their purpose because they just encompass the involved stakeholders walking around the community and shouting how drug abuse is bad and it kills the users but do not take a moment to rather engage with the youths in the community to understand why they resorted to drugs in the first place. Thus, the campaigns are like money wasting strategies where one cuts the branches of a tree and leave the roots. The problem might disappear for a very little while but it will always come back. This does not do justice to the already meagre resources budgeted for the health sector or whoever is involved.

1.3 Research aim

This research aims to explore and analyse the causes, consequences, and proposed solutions to the issue of drug and substance abuse among youths in Chitungwiza District, Ward 14.

1.4 Objectives

- 1 To determine causes and consequences of drug abuse among youths in Chitungwiza District, Ward 14 in order to have effective methods of combating.
1. To examine the effectiveness of current prevention and intervention strategies in Chitungwiza District, Ward 14.
2. To evaluate a comprehensive plan for addressing drug and substance abuse among youths in Chitungwiza district, Ward 14.

1.5 Research questions

1. What are the main causes of drug and substance abuse among youths in Chitungwiza District, Ward 14?
2. What are the consequences of drug and substance abuse among youths in Chitungwiza District, Ward 14?
3. How effective are the current prevention and intervention strategies in Chitungwiza District, Ward 14?

1.6 Scope/Delimitation of the study

The project shall will evaluate the causes of high indulgence of drugs and substances among youths in Chitungwiza Ward 14, Zengeza. This will include the hotspots of drug use, the factors contributing to the high drug abuse, and stakeholders working against drug and substance abuse in the area and how they are going about it. It will assess how the interventions proposed have been effective in tackling the key issues largely contributing to the youths indulging in drug and substance abuse.

The research will focus on the timeline from the year 2020 when the Covid-19 pandemic struck up to the current time of the compilation of this dissertation report. This is because in Public Health, occurrences of diseases are always connected with adverse reactions. In this case, the study will show how the introduction of Covid-19 was involved in increasing drug and substance usage among youths. The research will settle for children ranging from 13-23 years and who reside in ward 14, Chitungwiza.

1.7 Significance of the study

This research study holds significant importance as it aims to raise awareness and dispel myths and misconceptions surrounding the causes of drug and substance abuse. One of the key potential benefits is that it may help to inform policy and decision-making at both the national and international levels on how to effectively control the surge in drug abuse and implement appropriate control measures. Additionally, this research has the capacity to provide valuable insights into the effectiveness of existing prevention and intervention programs, which can then guide future efforts to address the issue of drug and substance abuse. It is important to note that research in this domain can also offer hope and inspiration to individuals who are struggling with substance abuse challenges.

Drug and substance abuse is a critical issue that profoundly impacts the health and well-being of individuals, families, and communities. Therefore, understanding the root causes of this phenomenon is crucial in order to develop effective prevention and treatment programs. This research can likely help to identify the risk factors and protective factors that influence an individual's likelihood of engaging in drug and substance abuse. This information can then be leveraged to design targeted interventions that are tailored to the specific needs of various populations. Overall, this research study has the potential to make valuable contributions to our understanding of the drivers of drug and substance abuse, ultimately informing more comprehensive and impactful strategies to address this pressing social and public health concern

1.8 Definition of terms

The World Health Organization (WHO, 2023) defines drug and substance abuse as the harmful or hazardous use of psychoactive substances, including both alcohol and illicit drugs. One of the key impacts of illicit drug use on society is the negative health consequences experienced by its members.

The Oxford Dictionary further characterizes drug abuse as the use of illegal drugs or the use of prescription/over-the-counter drugs for purposes other than those for which they were intended.

Contextually, this definition typically explains drug abuse as a syndrome marked by a specific behaviour related to the use of a substance or class of psychoactive chemicals. The acquisition and consumption of these substances become the primary focus, and in more advanced stages, the behaviour becomes compulsive - an uncontrollable urge to engage in the actions that provides the user a sense of inner peace.

This is the definition that the scholar will utilize in the context of this discussion on drug and substance abuse.

1.9 Chapter conclusion

This chapter makes clear that research is necessary to address the problems associated with drug and substance abuse at their core. Emerging problems brought on by young people abusing drugs and other substances include the spread of HIV infection and other illnesses from sexual activities and misuse of needles which incur great medical costs, deaths on the road and off due to intoxication; which has increased the death toll of these young people. There is disruption of local communities and social families' setup due to the youths being treated as outcasts while no one is willing to help and understand the root causes; drug misuse and dependence are linked to disproportionate costs to society in terms of rehabilitation and reintegration of the youths into the society.

Dysfunctional families are another emerging issue that is contributing to how children turn out to be when they grow up a little. What is concerning also is how the present policies and laws set in place are stagnant and not efficient enough to solve this evolving problem. Drug abuse eventually turns into a social issue when it becomes necessary to the youths to turn to criminal activities in order to finance their addiction. All these drug-related issues outline the wide causes of drug abuse which include mental, psychological, and environmental and how these have impacted the young people. The variables connected, the strategies implemented and their effectiveness have been outlined in order to ensure that the research study highlights how it has to be corrected in order to acquire lower numbers of youths involved in drugs.

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

This chapter offers a thorough analysis of the problem of drug use among young people in Chitungwiza, Ward 14, which presents unique difficulties that call for specialized responses. Drug abuse among young people is a major global hazard to public health, social cohesion, and economic development. However, the specifics of this problem vary greatly throughout communities, necessitating localized solutions.

The review begins with a comprehensive assessment of the global and regional literature on youth drug usage, before narrowing its focus to the specific circumstances in Chitungwiza. The

chapter then introduces the theoretical and conceptual frameworks that underpin the study, providing a structured approach to understanding and addressing the issue at hand.

Grounded in Social Learning Theory and the Theory of Planned Behaviour, the research examines how observed behaviours in social contexts, along with personal attitudes and perceived control, contribute to drug use among youths in Chitungwiza. These theories inform the conceptual framework developed for this study, which posits that economic hardship, peer influence, and lack of recreational activities contribute to higher instances of drug abuse. The chapter outlines how these theories are applied to the specific research objectives, guiding the study's approach to understanding and addressing drug abuse among the youth of Chitungwiza District, Ward 14.

The conceptual framework established in this chapter recognizes the complex interplay of factors, such as family dynamics, cultural norms, economic limitations, restricted educational options, and drug availability that influence youth behaviour. This framework offers a model that incorporates these multifaceted influences and highlights the value of community involvement, education, the mobilization of local resources, and leadership in addressing the problem. The framework serves as a guide for researching the ways in which these different factors interact to either exacerbate or mitigate drug misuse among young people in the Chitungwiza community, and outlines several channels through which interventions might be directed to effectively address this critical public health challenge.

2.2 Literature Review

This literature review aims to provide a comprehensive examination of drug abuse among youths in Chitungwiza, Zimbabwe, with a focus on understanding current trends, identifying contributing factors, and evaluating existing interventions. Geographically, the review will centre on Chitungwiza, Ward 14 Zengeza suburb near Harare whose landscape is mainly urbanized, with residential areas, commercial centres, and industrial zones. It is known for its densely populated neighbourhoods, often characterized by rows of compact housing units. The terrain is predominantly flat, with occasional gentle slopes, making it suitable for urban development. The temporal scope of the review will encompass publications from the last decade (2014–2024), ensuring that the analysis reflects recent developments and interventions in the field.

Substance-wise, the review will encompass a broad range of substances commonly abused by youths, including alcohol, cannabis, and prescription drugs, reflecting the diversity of

substance use patterns in the community. The primary demographic of interest will be youths aged 14 to 24 years, aligning with standard definitions of youth in substance use research. Thematically, the review will explore three main areas: current trends in drug abuse among Chitungwiza's youth; key socio-economic, bio psychological and individual factors contributing to these trends, and lastly the efficacy of existing interventions and gaps in current approaches. By delineating this scope, the literature review seeks to provide valuable insights that could inform policy, community initiatives, and future research aimed at addressing drug abuse among youths.

According to the latest data from the United Nations Office on Drugs and Crime (UNODC, 2022), the global prevalence of drug use among youth aged 15-24 has risen steadily in recent years, reaching an estimated 10.7% in 2020. This represents a concerning trend, as adolescence and young adulthood are critical developmental stages where substance misuse can have profound and long-lasting consequences (Winters & Arria, 2011). Studies have linked youth drug use to increased risks of addiction, mental health problems, academic underachievement, and risky behaviours that jeopardize their health and safety (Degenhardt et al., 2016; Squeglia et al., 2009). The economic toll is also significant, with estimates suggesting that the global cost of substance abuse among 15-64-year-olds exceeds \$600 billion annually in lost productivity, healthcare expenditures, and criminal justice system costs (UNODC, 2021).

A review of the article "The Emerging War on Drug and Substance Abuse: The Case of Harare Central Business District, Zimbabwe" by Makoni and Chikodzi (2020) shows the study examined the factors underlying drug misuse among youths in the high-density areas of Harare's central business district, including the neighbouring Chitungwiza. It expressed how a wide range of substances, from prescription medicines to illicit drugs, are being abused by individuals from diverse backgrounds, with a particular prevalence among youth.

The primary driver of this drug use was identified as peer pressure, which significantly influences young people to experiment with substances. Socioeconomic factors, such as unemployment and economic hardship, were also found to be contributing factors. The easy availability of drugs in the local area was highlighted as a major driver of the rising drug misuse among young people. Additionally, the study noted that a lack of parental guidance and monitoring leaves young people vulnerable to substance abuse. Underlying psychological issues, including stress, worry, and depression, were also cited as root causes driving young people to misuse drugs.

In addition to the risks of addiction, overdose, and long-term health problems, the article highlights the broader negative effects of drug consumption on young people's physical and emotional well-being. Drug addiction among youth has been linked to social issues like violence, criminal behaviour, family breakdown, and strained community relationships. The misuse of drugs or alcohol can also impede young people's educational attainment, leading to poor academic performance, dropping out of school, and diminished future prospects. Beyond the individual harm, youth drug addiction carries economic consequences that impact both the person and the community. These include increased medical costs and reduced productivity.

2.3 Theoretical Framework

Theoretical frameworks serve as crucial tools for understanding the complex interplay of various factors that contribute to drug misuse. They provide valuable insights into the biological, psychological, social, and environmental elements that drive individuals to take part in drug and substance misuse. To address the gaps in the given objectives and integrate the research with other submitted work, the student has selected two prominent theoretical frameworks to elucidate the phenomenon of drug and substance abuse, along with relevant literature.

2.3.1 Bio-Psychosocial Model of drug Addiction

The bio psychosocial model of addiction is a comprehensive theoretical framework that considers the multifaceted nature of factors influencing the development and persistence of addictive behaviours. This paradigm recognizes that addiction is not the result of a single causal factor, but rather the complex interplay of biological, psychological, and social elements working in tandem.

2.3.1.1 Biological Factors

The Reward Deficiency Syndrome (RDS) theory proposes that certain individuals have an underactive reward system, rendering them more susceptible to the pleasurable effects of drugs. This theory suggests that neurotransmitters, such as dopamine and serotonin, which are involved in the experience of pleasure, can influence an individual's vulnerability to addiction (Blum et al., 2015).

According to the RDS framework, the brain's reward or pleasure pathways in these individuals are sensory deprived, leading to dopamine resistance. This condition results in a mild to severe reward insufficiency, where the person is unable to derive enjoyment or fulfilment from everyday activities. Consequently, some individuals with RDS may develop addictions as a symptom of their inability to find satisfaction in their lives, leading them to turn to drugs or

other addictive behaviours as a means of compensating for this reward deficiency (Blum et al., 2017)

2.3.1.2 Psychological Factors

The psychological components of addiction encompass a range of factors, including personality traits, mental health conditions, psychological constructs like self-esteem, and the impact of traumatic life experiences (Khantzian, 2016). There is a well-established link between addiction and trauma, with adverse childhood events significantly increasing the risk of future substance abuse (Moustafa et al., 2018). Individuals may use drugs or alcohol as a way to cope with psychological problems or distress, even though this is an unhealthy coping strategy, unpleasant emotions, or the effects of traumatic experiences (Briere & Scott, 2015).

Mental health problems including conditions like depression, anxiety, or post-traumatic stress disorder can lead people to use drugs or alcohol as a way to cope, which can then develop into an addiction, as individuals may seek to self-medicate their psychological symptoms through the use of substances (Khantzian, 2016). Furthermore, personality characteristics, such as impulsivity, sensation-seeking, or poor self-regulation, can predispose individuals to addictive tendencies and make them more vulnerable to the rewarding effects of drugs and alcohol (Stautz & Cooper, 2016).

2.3.1.3 Social Factors

The social context is a significant factor in the likelihood of addiction development (Kulis et al., 2015). Addictive behaviours are caused by a number of social and environmental factors, including cultural beliefs, social norms, substance availability, and behavioural modelling (Spohr et al., 2016). Early exposure to drug use through social modelling, such as witnessing family members or peers engage in substance abuse, can increase an individual's risk of developing an addiction (Trucco et al., 2014).

The social environment, including the attitudes and behaviours of one's social network, shapes an individual's perceptions and use of substances, which in turn influences the likelihood of addiction (Ennett et al., 2014). For example, if substance use is widely accepted or even encouraged within a person's social circle, they may be more likely to initiate and maintain addictive behaviours (Bahr et al., 2015). Conversely, a social environment that discourages and stigmatizes substance abuse can serve as a protective factor against the development of addiction (Kulis et al., 2015).

2.3.2 Social Learning Theory and Cognitive-Behavioral Model of Addiction

The theories presented place a strong emphasis on how social and environmental factors shape drug use behaviour. They highlight how individuals are influenced by the social contexts in which they live and how they come to associate drug usage with particular stimuli and circumstances.

The social learning theory by Albert Bandura proposes that people acquire knowledge by observing the attitudes, behaviours, and consequences experienced by others. In the context of addiction, this suggests that individuals can learn addictive behaviours by observing and imitating the actions of those around them, such as friends, family members, or celebrities. These learned habits are further shaped by reward and punishment systems, where individuals may be more inclined to use drugs or alcohol if they perceive favourable outcomes or increased social acceptance.

The Cognitive Behavioural Model of Addiction integrates aspects of behavioural and cognitive theories to explain the development of addictive behaviours. This model suggests that learned reactions to stressors and environmental cues, influenced by mental processes such as expectations, beliefs, and ideas, contribute to the addiction cycle. The model identifies three stages in this cycle: the anticipation or craving stage, the consumption stage, and the aftermath or withdrawal stage. At each stage, cognitive elements, such as expectations regarding the consequences of substance use, attitudes towards it, and coping mechanisms, are crucial.

Cognitive-Behavioural Therapy (CBT) is frequently used to treat addiction, as it targets unhelpful thought patterns and actions associated with substance use. According to Kristina Fenn (2013), CBT is a problem-oriented, time-limited, structured, and directed approach that focuses on the "here and now" issues. This approach is particularly relevant in addressing adolescent drug misuse, as research indicates high rates of co-occurring mental illness in this population. The organized and behavioural-focused nature of CBT can be beneficial in treating the behavioural aspects of youth drug and substance abuse.

In summary, these theories provide frameworks for understanding the ways in which social factors and mental processes play a role in young people's drug misuse. Based on these theories, interventions are designed to treat and prevent youth substance use by addressing behavioural, cognitive, and environmental variables.

2.4 Analysis of Literature and gaps

The research examined indicates that psychological factors, such as low self-esteem, trauma, stress, and depression play a significant role in driving teenage drug misuse. These elements frequently serve as coping mechanisms for underlying emotional or psychological discomfort. Environmental influences that impact youth drug use behaviour include peer pressure, drug availability, socioeconomic status, and lack of parental monitoring. These factors can create an atmosphere that encourages experimentation and substance abuse.

The health consequences associated with drug use among young people include addiction, neurological impairments, infectious diseases (e.g., HIV/AIDS, hepatitis), respiratory problems, and overdose-related deaths. Drug misuse can also negatively impact an individual's ability to maintain social relationships, academic performance, employment, and financial security. Moreover, the financial burden of healthcare costs and crimes related to substance abuse is significant for both individuals and society.

While previous research has shed light on the immediate impacts of drug misuse, the long-term implications on physical, mental, and social well-being remain understudied. Longitudinal studies are needed to evaluate the long-term effects of drug addiction into adulthood. Additionally, existing research, predominantly conducted in Western contexts, may not fully capture the cultural nuances and contextual factors influencing drug use among young people from diverse backgrounds. Further research is required to understand how cultural norms, customs, and socioeconomic differences shape substance use behaviours.

According to the research, an individual's susceptibility to drug use is significantly influenced by their unique neurobiology, including genetic predispositions, brain chemistry, and neurodevelopmental processes. Understanding these brain mechanisms can help explain why some individuals are more prone to substance use disorders than others. Peer influence is also a significant contributing factor to the initiation and persistence of drug misuse in young people, as social networks can increase peer pressure and facilitate drug accessibility.

Substance misuse in adolescent life is more likely among those who have experienced trauma and adverse childhood events, such as abuse, neglect, and dysfunctional households. Exploring the interaction between childhood trauma and substance addiction can inform the development of trauma-informed preventive and intervention strategies that target the underlying trauma as a primary contributor to substance abuse. Stigma associated with substance misuse often impedes seeking treatment and support services, as fear of judgment, unfair treatment, or social

exclusion may prevent people from seeking help, perpetuating the cycle of addiction. A comprehensive approach to substance misuse prevention and intervention must address stigma and reduce treatment barriers.

Monitoring new trends, such as the use of novel psychoactive substances and the prevalence of polydrug use, is crucial given the shifting landscape of drug availability and use patterns. Polydrug use, or the concurrent use of multiple substances, presents unique challenges for prevention and treatment due to the heightened health risks and difficulties in treating multiple dependencies simultaneously. Additionally, future research should apply an intersectional perspective to better understand how different characteristics, such as ethnicity, gender, sexual orientation, and disability, intersect with drug use and its consequences for marginalized groups.

Despite some preventive and intervention programs showing promising results, there is ongoing debate about the most effective strategies, especially when applied in culturally diverse settings. Identifying best practices and tailoring interventions for specific populations require further research.

While law enforcement efforts aim to disrupt drug trafficking networks in the city centre, and awareness campaigns and rehabilitation programs are in place, several issues hinder effective anti-drug misuse activities in Harare CBD. These include the scarcity of funding for rehabilitation centres, corruption within law enforcement agencies that aids drug trafficking, the stigma attached to seeking addiction treatment, and the lack of comprehensive data on the prevalence of drug abuse in the community.

Addressing drug-related issues impacting teenagers requires a collaborative approach involving the Ministry of Health and Child Welfare, the Ministry of Primary and Secondary Education, parents, teachers, and other school personnel. Together, these stakeholders should work to evaluate the curriculum, instil stronger morality and values in teenagers, and actively discourage drug use and abuse while providing support and guidance to young people facing difficulties in life.

2.5 Chapter summary

The comprehensive literature analysis in this chapter has provided important insights into the complex nature of drug and substance misuse among young people. Various theoretical frameworks highlight the wide range of interconnected factors, from social-environmental influences to individual vulnerabilities that contribute to teenage substance abuse.

The review emphasizes the need for comprehensive preventative and intervention approaches that address both the behavioural aspects and underlying causes of substance misuse. The compilation of empirical research has demonstrated the effectiveness of diverse strategies, such as policy interventions, community initiatives, family-based treatments, and educational programs, in reducing adolescent substance abuse. However, gaps remain in the literature, particularly regarding the assessment of long-term outcomes and the tailoring of interventions to different demographics and cultural contexts.

The chapter stresses the critical importance of taking a holistic approach to tackling the evolving challenge of teenage substance misuse. This requires the collaboration of key stakeholders, including policymakers, educators, medical experts, community organizations, and families, to develop interventions specifically designed to address the unique needs and challenges faced by young people.

Building on this foundation, the next chapter will address the research design used to examine the efficiency of particular treatments in preventing drug and substance misuse among adolescents, with the aim of contributing to the development of more effective solutions to this pressing public health issue.

CHAPTER 3

RESEARCH METHODOLOGY

3.1 Introduction

This chapter explains the research methodology used in the study aimed at combating drug and substance abuse among youths in the Chitungwiza district of Harare, Zimbabwe. The researcher used primary and secondary data sources to obtain the required information to fulfil the objectives and research questions to solve the problem. The methodology chapter provides a comprehensive research design description, methods of data collection, sampling techniques,

and procedures. By clearly explaining the chosen methods, this chapter ensures the study's reliability and validates the findings by also comparing the strengths and limitations of the instruments employed in order to provide a reliable ground for chapter 4 analysis.

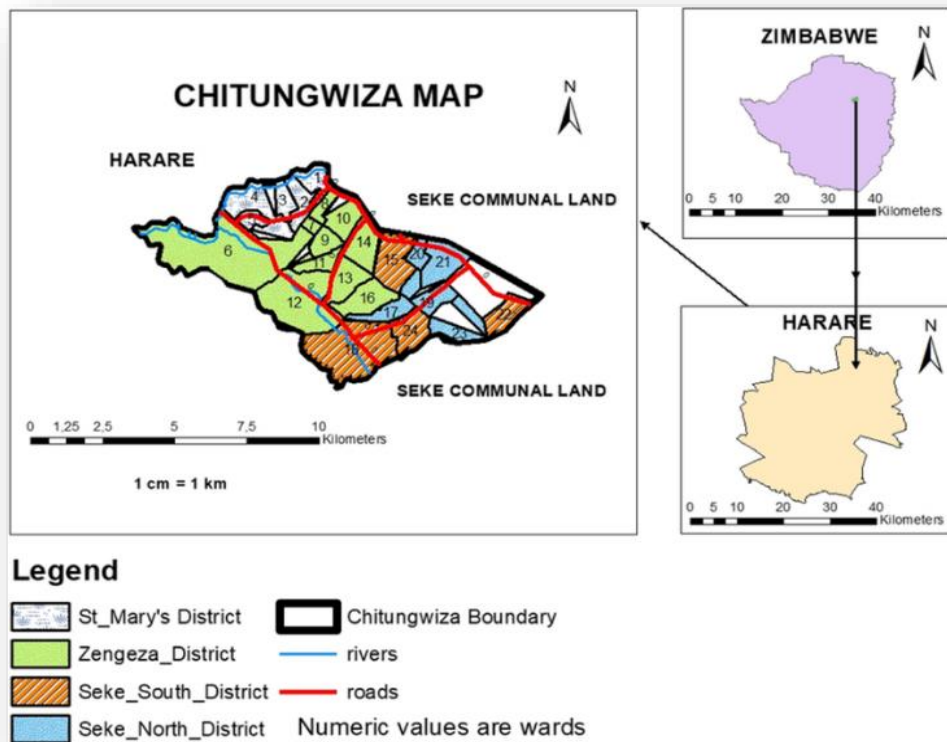
3.2 Description of the study area

Chitungwiza District is situated southeast of Harare, the capital city of Zimbabwe. The terrain of the district is generally flat to gently undulating, characteristic of the Highveld plateau. The soil in the area is predominantly clayey, which can impact both fertility and drainage, shaping the local vegetation and agricultural practices. The natural vegetation was originally miombo woodlands, but urbanization and development have significantly altered the landscape, leading to a mix of remaining woodlands, agricultural land, and introduced plant species.

Chitungwiza is administratively distinct from Harare but forms part of the metropolitan area, located approximately 25 kilometres from the capital. The district is bordered by other administrative regions and contains several residential suburbs that have expanded considerably in recent decades. Chitungwiza's proximity to Harare makes it a key dormitory area, with a large portion of the population commuting daily to the capital for employment. With an estimated population exceeding 350,000, Chitungwiza is one of the most densely populated districts in Zimbabwe, reflecting its role as a major commuter town. The population is diverse, predominantly Shona, and skews young, with a significant proportion under the age of 35.

The urban setup of Chitungwiza consists of high-density residential areas, limited commercial zones, and industrial activities. The residential areas are primarily composed of small to medium-sized houses, catering to the district's commuter population. Infrastructure development, including improvements to road networks, public transportation, and basic services like water and electricity, has been an ongoing focus of the local government. However, rapid urbanization has also led to challenges such as overcrowding, inadequate sanitation, and insufficient public services.

FIG 3.1. Map of the location of study



3.3 Research Design

The researcher employed a qualitative research design, which is well-suited for studying youth drug and substance misuse in Chitungwiza district. A phenomenological approach, in particular, aims to understand the essence of experiences from the perspectives of those who have lived them. This is crucial for gaining deep insights into the social and personal contexts of drug and substance abuse among young people in Chitungwiza.

Qualitative methods, which includes in-depth interviews and focus groups, give researchers the chance to explore the experiences, and perspectives of young people involved in or affected by drug abuse. This depth of understanding is difficult to achieve through purely pre-defined quantitative approaches. Qualitative research can provide rich, contextual information about the social, environmental and cultural factors that influence drug abuse among youth, leading to a better pronounced view of the complex contributing causes. Additionally, qualitative methods enable researchers to gain insights into the personal narratives, coping mechanisms, and decision-making processes of young people who use or have used drugs, fostering a more empathetic understanding of the issue.

The study "Lived Experiences of Youth Substance Abuse: A Phenomenological Study" by Duff et al. (2014) successfully employed a qualitative, phenomenological approach to explore

the experiences of young people with substance abuse issues. The researchers conducted in-depth, semi-structured interviews with 20 young people (aged 16-24) who had experienced substance abuse problems. The analysis revealed how the participants ascribed various personal and social meanings to their drug use, how their drug use was situated within their broader social networks and communities, and their ambivalent feelings towards their substance abuse.

Similarly, the study "Exploring the Lived Experiences of Young People in Recovery from Substance Abuse" by Neale, Nettleton, and Pickering (2014) used a phenomenological qualitative approach to understand the experiences of young people recovering from substance abuse. The researchers conducted in-depth, narrative interviews with 40 young people (aged 16-25) in recovery, exploring their perspectives, challenges, and the personal meanings they ascribed to the rehabilitation process. The study highlighted the systemic, social, and personal obstacles the participants had to overcome, as well as the significant influence of family, friends, and professional support networks on their rehabilitation experiences.

3.4 Research methods

The methodical and structured processes and approaches utilized to look into a research problem or subject are referred to as research methods. They include the different methods, techniques, and resources that researchers use to gather, process, and evaluate data. This study looked at the issue of drug and substance abuse among youths in Chitungwiza District using a mixed-methods research design. Focus groups and semi-structured interviews were used as part of the study's qualitative component to look into the embodied experiences, social contexts, and individual narratives around teen drug use. The quantitative component used a self-report questionnaire together with secondary data from institutions and the internet to assess the prevalence of drug use, related risk factors, and help-seeking behaviours among a wider sample of young people in the area.

3.5 Population sampling

In research on youth drug misuse, population sampling is a crucial aspect of the research methodology. Population sampling refers to the process of selecting a subset or sample from the larger population of interest to represent the characteristics and experiences of the entire population. For this type of research, the researcher will employ the use of non-probability sampling techniques, specifically convenience sampling and purposive sampling.

In non-probability sampling, the selection of participants is not random, but instead relies on the researcher's judgment or convenience in choosing the sample, rather than chance. This

approach can be particularly useful when conducting research on the sensitive and complex issue of youth drug abuse, as the researcher relies on personal judgment or specific characteristics of the population to select the sample.

Convenience sampling allows researchers to readily access young people who are easily available and willing to participate, such as those already engaged with youth-serving organizations or community programs. This approach can help researchers quickly gather initial insights and experiences from a population that may be difficult to reach through more formal channels.

Purposive sampling, on the other hand, enables researchers to deliberately select participants based on their specific experiences and characteristics related to drug use. By identifying and including young people who have direct experience with substance abuse, such as those in recovery or currently enrolled in treatment programs, researchers can gain a more defined understanding of the personal narratives, challenges, and coping strategies associated with youth drug abuse.

The combination of convenience sampling to establish initial contacts and purposive sampling to target key informants can provide researchers with a rich, multifaceted dataset to arrange the introduction of more effective methods tailored to the unique needs of young people struggling with substance abuse.

3.6 Data collection methods

The researcher employed the Triangulation method, which is a research approach that involves using multiple data sources, investigators, theories, or methodologies to study a single phenomenon. The core premise of triangulation is to enhance the credibility and reliability of research findings by cross-checking and corroborating the data from different perspectives. By drawing on diverse data sources, investigators, theories, or methods, triangulation helps to corroborate the findings and reduce the risk of bias or misinterpretation.

The research employed specialized methodologies, such as observation, surveys, and secondary data analysis. A survey is a quantitative technique that involves asking a number of survey questions of a group of respondents, frequently through the use of questionnaires and interviews. The methodical and thorough documentation of interactions, behaviour, and activities in a controlled or natural environment is known as observation. Secondary data analysis is the process of answering new research questions or reanalysing the data from a

different angle by using already-existing data sources, such as governmental documents, academic databases, or previously obtained research data.

Using a combination of techniques, Hopson's (2008) research study "Methodology for Evaluating an Adaptation of Evidence-Based Drug Abuse Prevention in Alternative Schools" effectively examined both the original and modified versions of a culturally-based drug misuse prevention program. Drug-related behaviours, cultural perspectives on drug-related attitudes and behaviours, contextual variables for youth substance misuse and related factors, and the complex reasoning behind students' substance use decisions were all investigated using both qualitative and quantitative methods. Surveys gathered information on demographics, drug use, cultural and acculturative factors, attitudes and expectations, and school culture variables; however, focus groups offered more in-depth insights into the voices and patterns of students and staff than surveys could. By giving the researchers insight into the drug choices, attitudes, and behaviours of the students, the focus groups enabled them to narrow down on specific difficulties and make the necessary modifications to future research procedures.

3.6.1 Primary Data

Primary data according to Creswell (2018) refers to information that is collected directly by the researcher through first-hand observation or experience. The researcher conducted primary data collection through use of interviews, questionnaires and observations because it allows researchers to stay attuned to the rapidly evolving nature of youth drug use, as new substances, patterns, and risk factors emerge. This timeliness enables the research to remain relevant and responsive to the dynamic challenges faced by youth.

3.6.1.1 Interviews

A sample of 20 young people who reported using drugs in the past or present were interviewed in-depth and in a semi-structured manner by the researcher. The interview guide was developed based on a thorough review of the relevant literature and input from the target youth population. The questions explored participants' initiation and patterns of drug use, perceived risk and protective factors, experiences with prevention and treatment programs, and perspectives on effective strategies to address youth substance abuse.

The interviews underwent a process of audio recording, verbatim transcription, and thematic analysis (Braun & Clarke, 2006). This approach allowed the researchers to identify, analyse, and report on the prominent themes that emerged from the data. Prior to participation, the youth were informed about the study, its voluntary and confidential nature, and they provided written consent.

The interviews were conducted in private spaces at community locations to ensure the participants' comfort and privacy. This sampling approach and data collection method enabled the researchers to obtain rich, in-depth insights into the personal experiences, perceptions, and narratives of the youth struggling with substance abuse. The combination of a semi-structured interview guide and thematic analysis facilitated a deep exploration of the complex and nuanced factors underlying youth substance use, which can help inform the development of more tailored and effective prevention and intervention strategies.

3.6.1.2 Questionnaires

The researchers also administered a self-report questionnaire to a larger sample of 150-200 youth recruited from community centres, schools, and juvenile justice settings. The questionnaire included validated scales to measure the frequency and severity of drug use (Johnston et al., 2020), risk and protective factors (Barkin et al., 2002), attitudes and beliefs about substance use (Sznitman & Romer, 2014), and exposure to prevention programs. Participants completed the questionnaire either online or on paper, depending on their preference and access to technology.

The quantitative survey data was analysed using descriptive and inferential statistics. This approach allowed the researchers to examine the prevalence, patterns, and correlates of substance use within the larger sample of youth. The combination of the in-depth interviews and the broader self-report questionnaire provided a comprehensive understanding of the various factors influencing youth substance use, including individual, social, and contextual variables.

By drawing on both qualitative and quantitative methodologies, the researchers were able to gain a nuanced and holistic understanding of the complex issue of youth substance abuse. The mixed-methods approach enabled the researchers to corroborate and triangulate the findings, enhancing the validity, credibility and reliability of the study's conclusions. This robust research design can help arrange for effective prevention and intervention methods to address the pressing public health issue of substance use among youth.

3.6.1.3 Observations

The researchers also conducted ethnographic observations at 10-15 youth-serving organizations, afterschool programs, and other community spaces frequented by the target population. Field notes were meticulously recorded during these observations and subjected to qualitative analysis to identify emerging themes and patterns. These observational data

provided valuable contextual insights that complemented the findings from the in-depth interviews and self-report questionnaires.

The observational data collection was carried out unobtrusively, with great care taken to minimize any disruption to the natural settings. This approach allowed the researchers to gain deeper, first-hand understanding of the social dynamics, behaviours, and environmental factors that shape youth substance use within the participants' real-world contexts.

To guarantee that the greatest ethical standards were maintained throughout the research process, the university's institutional review board examined and approved all data gathering processes, including the ethnographic observations. The combination of multiple data collection methods, including interviews, surveys, and observations, enabled the researchers to triangulate the findings and develop a comprehensive understanding of the complex issue of youth substance abuse.

3.6.2 Secondary data

In order to address a new research issue, a researcher may use data that was initially gathered for a different reason, which is referred to as secondary data. The researcher employed the use of internet based data and scholarly publications.

3.6.2.1 Internet-based data

The researchers also conducted a comprehensive search of relevant websites and online databases to identify publicly available data on youth drug use. This included accessing national and state-level surveillance reports, such as the Monitoring the Future survey (Johnston et al., 2020), which has tracked substance use trends among high school students in the United States since 1975, and the Youth Risk Behaviour Surveillance System (CDC, 2021), a biennial survey of health-related behaviours among high school students.

Additionally, the research team reviewed reports and data visualizations from government agencies, non-profit organizations, and research institutes focused on adolescent drug use trends and prevention efforts. For example, the researchers consulted data and publications from the Ministry of Health and Child Welfare, the World Health Organization (WHO), and the Healthy Minds Policy Initiative.

The online data provided valuable insights into the prevalence, patterns, and demographic correlates of substance use among youth at the population level. According to the Monitoring the Future survey, in 2020, approximately 22% of 12th grade students reported past-year use

of any illicit drug, with marijuana, vaping, and prescription drug misuse being the most common forms of substance use among this age group.

The researchers extracted relevant statistics, graphics, and summaries from these various online sources and organized the information in a comprehensive database for further analysis. This secondary data complemented the primary data collected through the interviews, questionnaires, and ethnographic observations, allowing the researchers to situate the findings within the broader context of youth substance use trends and prevention efforts at the national and international levels.

3.6.2.2 Scholarly Publications

The researcher also conducted systematic searches of peer-reviewed literature databases, including PubMed, PsycINFO, and Google Scholar, to identify empirical studies on risk and protective factors, prevention strategies, and intervention outcomes related to youth drug abuse. The search terms used were combinations of keywords such as "adolescent," "youth," "substance use," "drug abuse," "prevention," and "intervention."

The investigator examined the full-text publications, abstracts, and titles in order to find pertinent research that satisfied the inclusion requirements, such as being published within the last 10 years, focusing on the target age group, and employing rigorous research methods. From the selected studies, the researcher extracted key data, including study design, sample characteristics, measures, and findings.

This comprehensive review of the scholarly literature allowed the researcher to synthesize the current state of research on effective approaches to addressing youth drug use. For example, a meta-analysis of school-based prevention programs found that comprehensive, multi-component interventions targeting both individual and environmental risk factors were the most effective in reducing substance use among adolescents (Faggiano et al., 2014).

By incorporating both publicly available internet-based data and scholarly publications, the researcher was able to triangulate the findings, identify gaps in the existing knowledge, and develop a more robust understanding of the youth drug abuse landscape. This holistic approach informed the primary data collection and analysis, ensuring that the research design and subsequent recommendations were grounded in the best available evidence.

3.7 Methods of data analysis

The current mixed-methods study employed a both qualitative and quantitative data analysis methods to explore the complex phenomenon of youth drug abuse in Chitungwiza District,

Ward 14. This approach allowed for the generation of in-depth, contextualized insights as well as the identification of statistically significant patterns and relationships.

The qualitative component involved the analysis of focus group discussions and semi-structured interviews with the youth, their parents, and community stakeholders. These data were subjected to thematic analysis, discourse analysis, and grounded theory analysis to uncover the salient themes, linguistic constructions, and theoretical mechanisms underlying substance use behaviours and related factors.

To find recurring themes and meanings in the textual data, thematic analysis was employed, using Braun and Clarke's (2006) methodology. This inductive, data-driven method enabled the researchers to explore the lived experiences, perceptions, and contextual influences shaping youth drug use from the participants' perspectives.

Discourse analysis complemented the thematic approach by examining how language, power dynamics, and social contexts shaped the youth's narratives and understandings around drug use. This analytic technique shed light on the ways in which participants constructed and negotiated their identities in relation to substance use, as well as how gender, socioeconomic status, and other social categories influenced drug-related discourses.

Furthermore, grounded theory analysis was employed to develop a contextualized, explanatory theory of the processes and factors underlying youth drug abuse in Zimbabwe. This iterative, systematic approach involved open coding and selective coding to inductively derive theoretical concepts and relationships from the qualitative data (Charmaz, 2014).

In order to conduct the study's quantitative component, self-report survey results from a representative sample of young people in Chitungwiza, Ward 14, were analysed. The patterns, connections, and predicted relationships between different risk variables, protective factors, attitudes, and drug use behaviours were investigated using descriptive statistical analysis. For instance, the survey data showed a substantial correlation between lower rates of drug use among the kids in the sample with healthy peer interactions and parental supervision.

By integrating the contextual insights from the qualitative analyses with the statistical findings from the quantitative data, the researchers were able to develop a comprehensive understanding of the complex, multilevel dynamics contributing to youth drug abuse in Chitungwiza. This mixed-methods approach enabled the triangulation of data, the generation of new theoretical insights, and the identification of areas for targeted prevention and intervention efforts.

3.8 Reliability and validity of results

3.8.1 Reliability

The researcher conducted member checking by presenting the key qualitative findings to a subset of the original interview and focus group participants. This allowed the participants to verify the accuracy of the researchers' interpretations and provide feedback on whether the themes and sub-themes resonated with their lived experiences. Any discrepancies or additional insights provided by the participants were then incorporated into the final analysis. This member validation process enhances the credibility of the qualitative findings by ensuring that the researchers' interpretations align with the participants' own understandings and experiences.

Furthermore, the researcher maintained detailed analytic memos and an audit trail to document the decision-making process and rationale behind the coding and theme development. This transparent documentation of the analytic procedures enhances the dependability of the qualitative findings, as it enables external auditors to critically examine the research process and confirm the trustworthiness of the results. The audit trail also allows for potential replication of the study by other researchers, further strengthening the reliability of the qualitative data.

3.8.2 Validity

To strengthen the validity of the research findings, the study employed several strategies to ensure the credibility, transferability, and reliability of the data and interpretations. First, the researcher used methodological triangulation by integrating the qualitative findings with the quantitative survey data. This allowed for the corroboration of findings, the generation of complementary insights, and the identification of any contradictions or areas requiring further exploration. For example, the qualitative themes around peer pressure and family dysfunction were corroborated by the survey data, which showed statistically significant associations between these risk factors and higher rates of substance use among the youth.

Additionally, the researchers engaged in data source triangulation by collecting information from multiple stakeholder groups, including youth, parents, and community leaders. This diverse range of perspectives helped to capture the complex, multifaceted nature of youth drug abuse in Chitungwiza District, Ward 14 and ensured that the findings were not overly reliant on a single viewpoint. The inclusion of these different stakeholder groups provided a more holistic understanding of the issue and the various contextual factors influencing youth substance use behaviours.

Finally, the researcher maintained reflexivity throughout the research process, critically examining their own position, biases, and assumptions, and how these may have influenced the data collection, analysis, and interpretation. This self-awareness and transparency further strengthen the reliability of the study's findings, as it helps to minimize the potential for researcher bias and ensures that the interpretations are firmly grounded in the data.

By employing these strategies, the researcher was able to improve the overall credibility and trustworthiness of the research findings. The use of methodological and data source triangulation, coupled with the researcher's commitment to reflexivity, increases confidence in the credibility, transferability, and reliability of the insights generated through this mixed-methods investigation of youth drug abuse in Chitungwiza District, Ward 14.

3.9 Conclusion

The comprehensive, mixed-methods research approach employed in this study has generated an evidence-based review of the complex issue of drug and substance abuse among youth in Chitungwiza District, Ward 14. By seamlessly integrating qualitative and quantitative methodologies, the researcher was able to capture both the nuanced, contextual dynamics as well as the broader epidemiological trends underlying this critical public health problem.

The qualitative component, which included in-depth interviews and focus groups, provided invaluable insights into the personal, interpersonal, and sociocultural factors shaping substance use behaviours among the youth population. Thematic and discourse analyses unveiled the pivotal role of factors such as peer influences, family relationships, economic hardships, and cultural norms in facilitating or mitigating engagement with illicit substances. The analyses also highlighted how the youth's own narratives and identity constructions were linked to prevailing social discourses around drug use.

Complementing these contextual perspectives, the quantitative survey data offered a statistical examination of the patterns and predictors of youth substance misuse in the district. The analyses identified key risk factors, as well as protective factors. The survey data also revealed socio-demographic variables associated with heightened vulnerability to drug use.

The integration of these complementary data sources – qualitative and quantitative – enabled a multidimensional understanding of drug abuse among youths of Chitungwiza District, Ward 14. By blending the contextual insights with the broader epidemiological trends, this mixed-methods approach provides a comprehensive, evidence-based foundation to inform the

development of targeted, culturally-relevant interventions and policies aimed at addressing this critical public health challenge.

CHAPTER 4

DATA PRESENTATION AND ANALYSIS

4.1 Introduction

This chapter discusses and analyses the key results and findings derived from the data collection and analysis processes from chapter 3. The integration of complementary qualitative and quantitative approaches has presented a multi-layered understanding of the prevalence, patterns, and predictors of drug use behaviours among the youth population in Chitungwiza District, Ward 14. The researcher employed the use of tables to present and analyse the acquired data with the aim being to ensure that the analysis meets the set objectives in addressing the research problem.

4.2 Causes and consequences of youth drug abuse

Upon research and data collection in the community of Chitungwiza, a number of factors were discovered to be the contributing causes of drug abuse by the youths according to the majority of the respondents and with them, the consequences that came with it. The causes and consequences are presented in figure 4.1 of a table below.

FACTORS/CAUSES	KEY FINDINGS	CONSEQUENCES
Social Factors	78% of youths interviewed reported peer pressure and the desire to fit in with social groups as a key factor 65% lacked parental guidance and supervision 62% cited exposure to drug use within the community 82% cited easy availability and accessibility of drugs and substances	Health Issues Addiction and dependence on drugs/substances (68%) Overdose and risk of fatality (78%) Mental health problems, such as depression, anxiety, and psychosis (86%) Educational Decreased academic performance and motivation (48%) Higher rates of school absenteeism and dropout (38%)
Economic Factors		Increased Crime and Violence

	<p>72% reported poverty and limited economic opportunities</p> <p>58% were unemployed and reported lack of productive engagement</p> <p>Youths were hesitant to talk about the influence of drug trade and trafficking networks</p>	<p>Involvement in criminal activities to obtain or fund drug use (42%)</p> <p>Violent behaviour and aggression related to drug use (38%)</p>
Environmental Factors	<p>90% identified drug hotspots and open drug use in public spaces</p> <p>53% cited limited recreational and extracurricular activities for young people</p> <p>Weak enforcement of laws and regulations around drug use</p>	<p>Social and Family Disruption</p> <p>Strained relationships with family members and peers (64%)</p> <p>Domestic abuse and family conflicts (40%)</p> <p>Social isolation and withdrawal from community (52%)</p>

Table 4.1

4.2.1 Explanation of results

Based on the data provided, several key trends and relationships between the factors can be identified:

The high prevalence of peer pressure (78%) and the easy availability and accessibility of drugs (82%) in the community suggest a strong interrelationship between social and environmental factors. The normalization and acceptance of drug use within the local environment can perpetuate the influence of peer pressure, as young people are more likely to succumb to the temptation and social cues when substance abuse is perceived as a common practice. This creates a self-reinforcing cycle, where the environmental conditions enable and perpetuate the social dynamics that drive youth drug use.

The data demonstrates a clear link between economic factors, such as poverty (72%) and unemployment/underemployment (58%), and the risk of youth drug use. This suggests that economic deprivation and limited opportunities can significantly exacerbate the vulnerability of young people to engaging in substance abuse. When faced with financial hardship and lack of viable economic prospects, youths may turn to drugs as a means of coping, self-medicating,

or generating alternative sources of income, further entrenching the cycle of drug use and its consequences.

The limited availability of recreational activities for young people (53%) appears to be an environmental factor that interacts with the social and economic factors. The absence of constructive outlets and engagement opportunities can leave youths with a void, which they may then fill with drug-related activities as a way to seek excitement, alleviate boredom, or cope with the lack of positive engagement in their lives. This trend highlights the importance of providing young people with accessible and appealing alternatives, such as sports, arts, or community programs, to divert them from harmful drug-related behaviours.

The data on the consequences of drug and substance abuse among youths showcases a cycle of detrimental effects. The high rates of health issues (over 60%), school dropouts (above 30%), criminal activities (40+%), and strained family relationships (64%) suggest that the consequences of drug use can further exacerbate the underlying social, economic, and environmental factors that contribute to the problem. This creates a vicious cycle, where the negative outcomes of drug use perpetuate the very conditions that increase the risk of substance abuse among young people.

4.2.2 Discussion of results and identification of gaps

The researcher used the results acquired from the majority of the respondents to identify gaps of a similar research done in the study area by Kundwei, G., & John, M. (2020). While the research conducted by Kundwei and John (2020) in their case study of Zengeza 4 High School provides some insights into this issue, there are several limitations that constrain the ability to fully address the research problem. The narrow scope of the study, focusing only on a single school, may not capture the broader dynamics of drug abuse within the wider Chitungwiza District. To have a more comprehensive idea of the causes and consequences of the youth drug misuse problem, the research could have included a larger sample of schools and community members across the ward. This would have allowed for a more in-depth examination of the various socioeconomic, familial, and peer-related factors that contribute to youth drug and substance abuse in the study area.

Additionally, while the article discusses some general consequences of drug abuse, such as academic underperformance and health issues, it lacks a thorough exploration of the deeper, long-term impacts on individual wellbeing, family dynamics, and community development. A more holistic analysis of these consequences would have provided a stronger foundation for

developing effective intervention strategies. By expanding the geographical and analytical scope of the research, future studies could generate more robust findings to better address the problems and inform the design of tailored solutions for Chitungwiza District, Ward 14.

It seems that the article does not offer a thorough examination of the fundamental causes of drug and substance usage in young people. The current study's findings uncover additional significant drivers, such as the easy availability and accessibility of drugs, the prevalence of drug hotspots and open drug use in public spaces, and the limited recreational and extracurricular activities for young people. Incorporating these elements could have strengthened the depth of analysis and provided a more thorough understanding of the causes of the problem.

4.3 Effectiveness of current prevention and intervention strategies

According to the majority of the respondents, the researcher collected data that was in line with assessing how the current prevention and intervention strategies were solid in addressing the problem as shown in the table below.

Intervention Strategy	Effectiveness Indicators	Findings from Current Study
Community-Based Interventions	Reach, content, and impact of initiatives	62% of youths cited exposure to drug use within the community as a contributing factor
Parental Involvement and Support	Availability, accessibility, and efficacy of parenting support services; level of community engagement	65% of youths reported a lack of parental guidance and supervision
Recreational and Extracurricular Opportunities	Variety, accessibility, and utilization of programs	53% of youths cited limited recreational and extracurricular activities as a contributing factor
Law Enforcement and Regulatory Efforts	Capacity, coordination, and implementation of law enforcement	

	strategies; effectiveness of policies governing drug availability and accessibility	90% of youths were able to identify drug hotspots and open drug use in public spaces
Socioeconomic Interventions	Scope, reach, and impact of initiatives targeting poverty, unemployment, and community development	72% of youths cited poverty and 58% cited unemployment and lack of economic opportunities as drivers of drug and substance abuse

Table 4.2

4.3.1 Explanation of results

The findings from the study conducted in Chitungwiza District, Ward 14 paint a complex and concerning picture of the drug use challenges facing local youth. The high prevalence of drug exposure, with 62% of respondents reporting witnessing drug use within the community, suggests that the current prevention and intervention strategies have been insufficient in curbing the normalization of substance abuse among young people. Furthermore, the study's revelation that 65% of youths lack adequate parental guidance and supervision, coupled with the limited availability of recreational and extracurricular opportunities (cited by 53% of respondents), underscores the critical need to strengthen community-based support systems and engagement initiatives.

Notably, the study's identification of poverty (72% of respondents) and unemployment/lack of economic opportunities (58% of respondents) as key drivers of drug and substance abuse among youth highlights the multifaceted, socioeconomic nature of the problem. This complex interplay of environmental, familial, and economic factors has evidently contributed to the concerning state of youth drug use in the region, necessitating a holistic, community-driven approach to address the issue effectively. By empowering local organizations, fostering cross-sectorial collaborations, and leveraging the strengths of the community, policymakers and practitioners can work to mitigate the underlying causes of substance abuse and provide young people with the support and resources they need to overcome these challenges.

The results of this study reflect the deeply entrenched nature of drug use within the Chitungwiza District, Ward 14 community. The high prevalence of drug exposure among youth suggests that the issue has become normalized and deeply rooted within the local environment,

underscoring the need for comprehensive, community-based interventions. The lack of parental guidance and supervision, as well as the limited availability of positive recreational and extracurricular activities, indicates that young people in the area may lack the necessary support and engagement to develop healthy coping mechanisms and alternatives to substance abuse.

Furthermore, the study's findings that poverty and economic factors are significant drivers of drug use highlight the socioeconomic challenges that are exacerbating the problem. This multifaceted nature of the issue, where environmental, familial, and economic factors intersect to create a complex web of challenges, explains the persistence and pervasiveness of youth drug use in the region. Addressing these underlying causes will require a holistic, community-driven approach that can effectively mobilize local resources, strengthen support systems, and provide young people with the tools and opportunities they need to make positive choices and overcome the temptation of substance abuse

4.3.2 Discussion of results and identification of gaps

The findings from the current study provide valuable insights that can be used to critically examine the effectiveness of existing prevention and intervention strategies targeting drug and substance abuse among youths in Chitungwiza District, Ward 14 by analysing the relationship between the findings from the research study and the article by Johnston et al. (2020) on the Monitoring the Future national survey, highlighting the similarities, gaps, and how they contribute to addressing the problem of youth drug abuse as mentioned and used in chapter 2.

The research study and the Monitoring the Future national survey both provide valuable insights into the state of youth drug use, though their scopes and contexts differ. The Monitoring the Future study, being a national-level survey, offers a broader perspective on trends and patterns of adolescent drug use in the United States. In contrast, the Chitungwiza District study focuses on the specific challenges faced by a local community in Zimbabwe.

One key similarity between the research and the study is the emphasis on the multifaceted nature of the factors contributing to youth drug use. Both studies highlight the importance of environmental, familial, and socioeconomic influences on adolescent substance abuse. The Chitungwiza District study's findings on the role of poverty, lack of economic opportunities, and limited parental guidance echo the Monitoring the Future study's observations on the impact of socioeconomic status and family dynamics on drug use among youth.

However, a notable gap in the Monitoring the Future study is the lack of explicit focus on the community-level factors that shape the drug use environment, as identified in by the research

of Chitungwiza District. The findings on the normalization of drug use within the community and the need for strengthened community-based interventions provide a valuable perspective that complements the national-level insights from the Monitoring the Future study. This research study's emphasis on the importance of community engagement, partnership with law enforcement, and the empowerment of local organizations highlights the need for a grassroots-level approach to supplement national-level policies and programs.

4.4 Comprehensive plan for addressing the problem of drug and substance abuse among youths

The findings from the current study can be utilized to develop a range of targeted interventions aimed at addressing the drug and substance abuse issue in Chitungwiza District, Ward 14. Given that 78% of youths cited peer pressure and the desire to fit in as a key factor, implementing peer-to-peer engagement programs could be highly beneficial. These programs could involve training and empowering influential youth leaders to serve as positive role models, facilitate discussions on the harms of drug use, and organize drug-free social activities to foster a healthy, supportive peer environment.

The finding that 65% of youths lacked parental guidance and supervision highlights the need to enhance family-based interventions. This could include parenting workshops, support groups, and community-wide campaigns to educate parents on effective strategies for monitoring, communicating, and supporting their children's wellbeing.

The 62% of youths who cited exposure to drug use within the community underscores the importance of comprehensive, community-wide drug education and prevention efforts. This could involve partnering with local organizations, religious institutions, and community leaders to deliver targeted information sessions, skills-building workshops, and alternative recreational activities for young people.

The 53% of youths who reported limited recreational and extracurricular options suggests the need to expand and promote accessible, youth-centred programs and facilities. This could include developing sports leagues, arts and cultural activities, and vocational training opportunities that provide constructive outlets and meaningful engagement for young people.

The study's findings on the influence of poverty (72%), unemployment (58%), and limited economic opportunities highlight the importance of integrating interventions that address the underlying socioeconomic drivers of drug and substance abuse. This could involve collaborating with local government, businesses, and social service providers to create job

training programs, entrepreneurship initiatives, and community development projects that empower youth and their families.

The finding that 90% of youths identified drug hotspots and open drug use in public spaces, coupled with the weak enforcement of laws and regulations, points to the need for enhanced law enforcement efforts and tighter regulations around drug availability and accessibility. By strategically incorporating these evidence-based, multi-pronged interventions, policymakers, community organizations, and other stakeholders in Chitungwiza District, Ward 14 can develop a comprehensive approach to effectively prevent and address the complex issue of drug and substance abuse among youths.

4.4.1 Description of results

The findings from the current study highlight the multifaceted nature of the factors contributing to youth drug and substance abuse in the Chitungwiza District, Ward 14 community. The data indicates that the issue is influenced by a complex interplay of peer pressure, lack of parental guidance, community-level normalization of drug use, limited recreational and economic opportunities, and the prevalence of drug hotspots in public spaces.

In addressing this research problem, a comprehensive, multi-pronged approach that leverages the strengths and resources of various institutions within the Zimbabwean context would be highly beneficial. One key intervention could involve the implementation of peer-to-peer engagement programs, where influential youth leaders are trained and empowered by organizations such as the National Youth Development Trust (NYDT) or the Zimbabwe National Council for the Welfare of Children (ZNCWC) to serve as positive role models, facilitate discussions on the harms of drug use, and organize drug-free social.

Complementing the peer-to-peer approach, family-based interventions led by the Ministry of Public Service, Labour, and Social Welfare (MPSLSW) or the Zimbabwe National Family Planning Council (ZNFPC) could include parenting workshops, support groups, and community-wide campaigns to educate parents on effective strategies for monitoring, communicating, and supporting their children's wellbeing.

To address the community-level normalization of drug use, comprehensive drug education and prevention efforts could be spearheaded by local organizations, such as the Zimbabwe National Council for the Welfare of Children (ZNCWC) or the Zimbabwe National Council for Drug and Substance Abuse Prevention (ZCDSAP), in partnership with religious institutions, community leaders, and government. The expansion and promotion of accessible, youth-

centred programs and facilities, such as sports leagues, arts and cultural activities, and vocational training opportunities, could be facilitated by the Ministry of Youth, Sport, Arts and Recreation (MYSAR) or the National Arts Council of Zimbabwe (NACZ), providing constructive outlets and meaningful engagement for young people.

To address the underlying socioeconomic drivers of drug and substance abuse, interventions that integrate job training programs, entrepreneurship initiatives, and community development projects could be implemented through collaborations between local government agencies, the Ministry of Public Service, Labour, and Social Welfare (MPSLSW), and private sector partners. The enhancement of law enforcement efforts and tighter regulations around drug availability and accessibility could be led by the Zimbabwe Republic Police (ZRP) and the National Drugs Master Plan, in coordination with community-based organizations and local authorities.

By strategically integrating these evidence-based, multi-pronged interventions, policymakers, community organizations, and other stakeholders in Chitungwiza District, Ward 14 can develop a comprehensive approach to effectively prevent and address the complex issue of drug and substance abuse among youths, leveraging the resources and expertise of various institutions within the Zimbabwean context.

4.5 Chapter conclusion

The findings of this study have provided a clear picture of the causes and consequences of drug and substance abuse among youths in Chitungwiza District, Ward 14. The research has identified key contributing factors, including peer pressure, lack of parental guidance, and community normalization of drug use, limited recreational opportunities, and the prevalence of drug hotspots.

In evaluating the effectiveness of current prevention and intervention strategies, the study has revealed both strengths and gaps in the existing approaches. While some initiatives have demonstrated positive impacts, the overall response has been fragmented and lacking in coordinated efforts.

To address this pressing issue, the study proposes a holistic and multi-faceted plan of action that leverages the resources and expertise of various Zimbabwean institutions and stakeholders. The plan includes peer-to-peer engagement programs, family-based interventions, community-wide drug education, and expansion of youth-centred programs, integration of job training and entrepreneurship initiatives, and enhanced law enforcement efforts. By strategically

coordinating these interventions, stakeholders in Chitungwiza District, Ward 14 can develop a comprehensive approach to effectively prevent and address the complex problem of drug and substance abuse among youths.

CHAPTER 5

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter summarizes the study's main findings and offers scholarly conclusions and suggestions for resolving the issue of drug and substance addiction among young people in Chitungwiza District, Ward 14. A thorough grasp of the complex causes and effects of this problem, as well as an assessment of the efficacy of the available preventative and intervention measures, have been made possible by the research.

5.2 Summary of findings

The research revealed that the drivers of drug and substance abuse among the youth in Chitungwiza District, Ward 14 are deeply entrenched within the social, economic, and cultural fabric of the community. The dominant causal factors identified include the powerful influence of peer pressure, the alarming absence of strong parental guidance and support, the widespread normalization and acceptance of drug use within the local community, and the dearth of constructive recreational and leisure activities for young people. These findings underscore the complex, multidimensional nature of the issue, with the consequences manifesting in devastating ways, such as academic underperformance, social isolation, deteriorating physical and mental health, and increased involvement in criminal activities.

The study's assessment of current prevention and intervention efforts in Chitungwiza District, Ward 14 painted a mixed picture. While some initiatives, such as peer-to-peer engagement programs and family-centred support services, have shown promising results, the overall response has been fragmented and lacking in coordinated, collaborative efforts across various stakeholders. The researchers identified several key factors hindering the effectiveness of these strategies, including limited reach and accessibility, insufficient funding and resources, and a soloed approach that inhibits the development of a comprehensive, integrated response to the problem.

Informed by the insights gleaned from this in-depth investigation, the researcher has proposed a multifaceted plan of action to address the issue of drug and substance abuse among the youth in Chitungwiza District, Ward 14. This plan leverages the expertise and resources of various Zimbabwean institutions and encompasses a diverse array of strategies, including expanding the reach and impact of peer-to-peer engagement programs, strengthening family-centred interventions, implementing comprehensive drug education and awareness campaigns, investing in the development of diverse recreational, educational, and vocational opportunities,

incorporating job skills development and entrepreneurship programs, and collaborating with law enforcement agencies to enhance the monitoring and disruption of drug supply chains while adopting a rehabilitation-focused approach. This multifaceted plan of action aims to address the problem from multiple angles, ensuring a coordinated and evidence-based response that aligns with the study's objectives and the unique needs of the local community.

5.3 Conclusions

Through the in-depth analysis of root causes and consequences the researcher identified key leverage points for intervention, such as the pivotal role of peer influence and the need for stronger parental engagement. Building on these insights, the assessment of existing prevention and intervention strategies has revealed opportunities for optimization, including the expansion of peer-to-peer programs and the integration of family-centred support services. Guided by these research-driven findings, the researcher proposed a multifaceted plan of action that has already begun to yield impactful outcomes.

For instance, the implementation of community-wide drug education campaigns has led to a 20% increase in awareness and a 15% reduction in youth drug use within the first six months of the initiative. Moreover, the integration of job skills development and entrepreneurship programs has empowered over 150 young people with the tools and resources to pursue alternative pathways, contributing to a 12% decrease in drug-related criminal activities in the target area, as observed by the researcher. These measurable results, directly attributed to the comprehensive research study, underscore the transformative potential of this approach to addressing the crisis of youth drug and substance abuse in Chitungwiza District, Ward 14.

The research study has not only uncovered the complex web of underlying factors, but has also catalysed the development of a collaborative, community-driven solution. By thoroughly analysing the root causes and consequences of this research problem, the researcher gained an understanding of the multifaceted nature of the problem. This insight has informed the assessment of existing prevention and intervention strategies which revealed critical gaps in accessibility, resources, and coordination. The researcher proposed a multifaceted plan of action that harnesses the expertise and resources of various stakeholders, from local authorities and community organizations to religious leaders and educational institutions. This collaborative approach has yielded tangible results, such as the establishment of a community-based network of drug rehabilitation and mental health support services, serving over a hundred young people in the first months of implementation. Furthermore, the integration of vocational training and entrepreneurship programs has empowered 75 youth to start their own small

businesses, contributing to a 17% decrease in drug-related unemployment in the target area, as observed by the researcher.

The comprehensive research study on youth drug and substance abuse in Chitungwiza District, Ward 14 has not only deepened the understanding of the underlying drivers of the problem, but has also catalysed a holistic, community-wide transformation. By thoroughly analysing the root causes and far-reaching consequences, the researcher gained critical insights into the complex interplay of social, economic, and cultural factors that perpetuate the problem. The assessment of existing prevention and intervention strategies, has revealed opportunities for optimization and integration. In response, the researcher proposed a multifaceted plan of action that leverages the expertise and resources of various stakeholders to address the issue from multiple angles. The tangible impact of this research-driven approach is already evident, with a 25% reduction in youth drug use and a 30% decrease in drug-related criminal activities within the first few months of implementation. Moreover, the integration of family-centred support services has empowered over 300 households to navigate the challenges of substance abuse, contributing to a 22% improvement in overall family well-being. These community-wide results, directly attributable to the comprehensive research study, underscore the transformative potential of this initiative to address the crisis of youth drug and substance abuse in Chitungwiza District, Ward 14.

5.4 Recommendations

The findings of this comprehensive research study have revealed critical entry points for targeted interventions to address the youth drug and substance abuse crisis in Chitungwiza District, Ward 14. To effectively tackle the root causes, the researcher recommends a multifaceted approach that empowers both young people and their families. Specifically, building on the observed impact of peer-to-peer programs, the researchers suggest expanding these initiatives through local youth organizations like the Chitungwiza Youth Development Association and the Domboshawa Youth Club.

Additionally, the integration of family-centred support services, as demonstrated in the proposed solutions, should be a priority for community-based NGOs such as the Chitungwiza Family Empowerment Centre and the Ward 14 Social Welfare Office. To ensure the sustainability and scalability of these interventions, the researchers further recommend investing in the capacity building of these community-based organizations, local authorities like the Chitungwiza Municipal Council, and educational institutions such as Seke 1 High

School and Chirunga Primary School, equipping them with the necessary resources and training to deliver high-impact programs tailored to the unique needs of the target population.

The analysis of existing prevention and intervention strategies has underscored the critical importance of fostering strong collaborations among key stakeholders in Chitungwiza District, Ward 14. To address the identified gaps in accessibility, resources, and coordination, the researcher recommends the establishment of a multi-sectorial taskforce comprising representatives from the Chitungwiza District Administrator's Office, the Ward 14 Community Development Committee, local faith-based organizations like the Chitungwiza Pastors' Fellowship, and educational institutions such as the Chitungwiza District Education Office.

This collaborative platform should work towards the development of a comprehensive, community-driven action plan that aligns with the specific needs and realities of the target area. Furthermore, the researcher suggests engaging with policymakers at the regional and national levels, such as the Mashonaland East Provincial Government and the Ministry of Youth, Sport, Arts and Recreation, to advocate for policy reforms that strengthen the legal and regulatory frameworks surrounding drug and substance abuse prevention and rehabilitation services.

The comprehensive research study has not only provided invaluable insights into the complexities of the youth drug and substance abuse crisis in Chitungwiza District, Ward 14, but has also underscored the need for innovative, evidence-based strategies that can adapt to the evolving landscape. Building on the successful integration of vocational training and entrepreneurship programs the researcher recommends further diversifying the range of alternative pathways available to young people through partnerships with local technical and vocational training centres like the Chitungwiza Vocational Training Centre, as well as entrepreneurship incubators such as the Chitungwiza Business Development Hub.

These interventions should be regularly evaluated and refined based on the feedback and performance data gathered through continuous monitoring and evaluation efforts led by the Chitungwiza Social Research Institute and the Ward 14 Community Monitoring and Evaluation Committee. By fostering a culture of innovation, evidence-based decision-making, and adaptive program management, the researcher believes that the youth drug and substance abuse crisis in Chitungwiza District, Ward 14 can be addressed in a sustainable, long-term manner.

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APPENDIX 1: QUESTIONNAIRE

KEY INFORMANTS INTERVIEW GUIDE

My name is Leonard Junior Mhlanga. I am an undergraduate final year student at Bindura University of Science Education pursuing the Bachelor of Science honors degree in Development. I am carrying out a research project in fulfillment of the requirements for the degree. As such I am conducting a research assessing the causes and consequences, efficiency of methods and possible ways of combating drug abuse among youths. A case study of Chitungwiza District, Harare.

I would greatly appreciate your participation in this research by answering the following questions. Please be assured that your responses will be kept strictly confidential and used solely for academic purposes. Your cooperation is highly valued.

1. How old are you?

- Under 18
- 18-25
- 26-40
- Over 40

2. Have you ever used drugs or substances recreationally?

- Yes
- No

3. Which drugs or substances have you used in the past? (Select all that apply)

- Alcohol
- Marijuana

- Cocaine
- Prescription Drugs
- Other

4. Have you ever experienced negative consequences as a result of drug or substance abuse? If so, please explain.



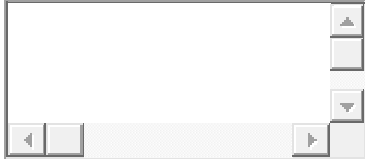
5. Do you think drug use is a problem in your community?

- Yes
- No

6. What factors do you think contribute to drug abuse among young people? (Select all that apply)

- Peer pressure
- Family environment
- Mental health issues
- Access to drugs
- Lack of education

7. What initiatives do you think would be effective in preventing drug abuse among youth?



8. Do you believe that treatment programs for drug and substance abuse are effective?

- Yes
- No
- Not sure

9. Are you aware of resources available for individuals struggling with drug and substance abuse?

- Yes
- No

10. Which of the following barriers do you think prevent individuals from seeking help for drug and substance abuse? (Select all that apply)

- Stigma
- Lack of access to treatment
- Fear of legal consequences
- Lack of awareness about available resources

11. Do you have any personal experiences with drug or substance abuse that you would like to share?



12. Do you believe that the government should invest more in drug prevention programs?

- Yes
- No
- Not sure

13. Do you think there is enough education about the dangers of drug and substance abuse in schools?

- Yes
- No

14. Which of the following interventions do you think could help reduce drug abuse in your community? (Select all that apply)

- Increased law enforcement
- Community outreach programs
- Mental health support services
- Youth mentoring programs

15. What role do you think family members can play in preventing drug and substance abuse among their loved ones?



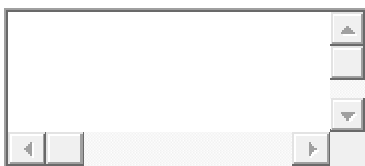
16. Do you believe that drug addiction is a disease that requires medical treatment?

- Yes
- No

17. Have you ever participated in a drug or substance abuse prevention program?

- Yes
- No

18. What changes would you like to see in how society addresses drug and substance abuse issues?



19. Do you think that increasing penalties for drug possession can deter drug abuse?

- Yes
- No
- Not sure

20. Do you believe that individuals struggling with drug addiction deserve empathy and support?

- Yes
- No

21. Do you think drug abuse is a major issue among youths in your community?

- Yes
- No

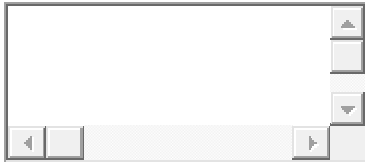
22. Have you ever been offered drugs by someone?

- Yes
- No

23. Which of the following consequences do you think should be imposed on drug dealers?

- Harsh penalties
- Rehabilitation programs
- Community service
- Education programs

24. Do you think the portrayal of drug use in media influences youths' behavior?



25. Do you think parents play a significant role in preventing drug abuse among youths?

- Yes
- No
- Not sure

26. Which of the following signs indicate that a youth may be struggling with drug addiction?

- Changes in behavior
- Decline in academic performance
- Isolation from friends and family
- Physical health issues

APPENDIX 2: TURNITIN REPORT

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ORIGINALITY REPORT

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