

Factors Influencing Substance Abuse among Youth in Lamu County A Case of Faza Ward- East Sub County

Sauda Kassim KUPI, Dr. Bernard Wamalwa, Rev Gregory Kivanguli

(Department of Education and Social Sciences/ Kenya Methodist University, Kenya)

(Department of Education and Social Sciences/ Kenya Methodist University, Kenya)

(Department of Education and Social Sciences/ Kenya Methodist University, Kenya)

Corresponding Author: Sauda Kassim KUPI

Abstract: The purpose of this study was to evaluate the factors influencing drug and substance abuse among youth in Lamu County. According to NACADA (2011), about 200,000,000 people worldwide abuse drugs. Despite NACADA's and other groups' interventions, drug abuse is on the increase; with over 30% of youth in Kenya abusing various types of drugs. In the first chapter of this paper, the researchers present an introduction to the study and also a brief explanation of the problem that prompted the study. The specific objectives of the study was; to establish how literacy levels influence drug and substance abuse among the youth, to evaluate the influence of type of employment on drug and substance abuse among the youth. The researcher used descriptive research design because it facilitated the research operation thereby making the research efficient and yielding maximum information with minimal expenditure of effort, time and money. The study targeted both male and female persons aged between 18 to 30 years. Purposive sampling was used to select the locations in which to carry out the study by selecting the worst hit areas. The data collection instrument used in this study was a questionnaire. The questionnaire contained both open and closed ended questions. It was self-administered where the respondents answered themselves. In situations where the respondents had difficulties, the researcher aided in administering the questionnaire. After seeking and obtaining permission and individual consent, the questionnaires was hand delivered to respondents. The questionnaires were then collected dully filled for analysis. The questionnaire tool also acted as a guide for the researcher in moderating focused group discussions with male and female youth study participants separately. After the questionnaires were administered, and FGDs conducted, the raw data collected was systematically organized so as to facilitate analysis. Descriptive and inferential statistics were used in data analysis; data was analyzed using IBM SSPS software Version 20. Ethical considerations of research including anonymity and confidentiality of respondents, no harm was observed. Findings were summarized and presented in various ways such as tables, charts and verbatim. The study findings were that literacy levels, occupation, have no significant effect on drug abuse

Date of Submission: 26-08-2019

Date of Acceptance: 10-09-2019

I. INTRODUCTION

According to the The A.D.A.M. Medical Encyclopedia (2016), drug abuse is the habitual use of psychoactive substances that have the ability to alter the mind. The term is specifically used when referring to usage of illegal drugs, while also encompassing the abuse of legally prescribed medicine or self-medicated drugs. Across the world, the proliferation of drugs and the attendant abuse has led to an erosion of societal values, a breakdown in social order, and a scourge of wasted, non-productive individuals (Mohasoa, 2010).

A growing number of young people around the world have fallen into substance abuse leading to a drug dependancy whereby they cannot function without a 'daily hit.' such drugs include but are not limited to: tobacco, cocaine, morphine, heroine, alcohol, ephedrine, madras, caffeine, glue, and amphetamines. Madu and Matla (2003) note that the abuse of some drugs, such as alcohol and tobacco, is higher as compared to the rest because of the ease of access and legality. The researchers also note the popularity and widespread use of cannabis despite it being illegal in most jurisdictions around the world. In Kenya, the majority of youth who abuse drugs start off at the high school level, with alcohol and cigarette use being the most prevalent drugs.

According to the United Nations Office on Drugs and Crime-UNODC (2008), widespread drug usage doesn't happen in a vacuum, but is exacerbated by certain social or economic factors, ranging from unemployment, to poverty and crime. In most cases, these factors are the triggers for substance abuse or the driving forces upon which the drug abuse thrives on. This is especially true for africa which is plagued by these three ills, a situation that is further made worse by drug suppliers and peddlers who encourage drugs use among the youth as an escape from the harsh realities of life. To many youth across the world, experimenting with

drugs is considered a rite of passage in the eyes of their peers, with little or no regard to the dependency that might ensue from continual usage. (Madu&Matla, 2003).

The UN drugs report (2018) recorded the increasing cases of the usage of illicit drugs across the world. The report also notes the increasing proliferation of illegal drugs and their growing adoption by consumers across different social and economic brackets. Maithya (2009) observes that cocaine and heroine - which are both classified as opiates - have become the most prolific drugs spanning the globe. For instance, in South America, Europe and Asia, opiate users dominated medical emergencies for substance abuse over the last decade, accounting for more than 60% of all medical cases. Across the world, the quantity of drugs seized especially in regard to cannabis has grown exponentially, an indication of a growing and thriving drug trade.

despite concerted efforts by African countries to tame or root out the drug menace, the continent has become a focal point in global drug trade, both as a source, a conduit and a destination for drugs (Maithya, 2009). Since the late seventies, the drug menace has become a key challenge across the continent Simbee (2012). Reports generated by the Eastern Africa Drug Information System/Global Assessment Programme (EADIS/GAP) and other institutions point to a disturbing trend as pertains to illicit drug flows and usage across the continent (Abdool, 2004).

In essence, Africa has become a key player in international drug trade. At present, Africa has the unenviable distinction of being the second largest producer, trafficker and consumer of cannabis after south America, accounting for 27% of global cannabis seizures in the last decade (UNODC, 2018). The biggest seizures have occurred in kenya and nigeria, with south africa also featuring prominently as a destination of choice for most drugs, while morocco stand out as a key producer of cannabis (Maithya, 2009).

Drug abuse is a big drain on the health budget of countries around the world. Mohasoa, 2010). African governments have invested colossal amounts in the prevention and treatment of drug abusers and addicts (UNODC, 2018). In effect, this is a drain on the whole economy as these allocations could go to more pertinent development sectors that would spur socio-economic development, mitigating substance abuse.

In kenya, the majority of young people are introduced to drugs as early as 12 years of age (Karen Lesly, 2008; Parrott, Morinan, Moss & Scholey, 2004). The initiation primarily happens in schools and the drug of choice is usually a cigarette due to the availability and affordability. According to Berk, 2007; Donald, Lazarus, & Peliwe (2007), after acclimatizing to cigarettes, these young people then graduate to more harmful substances like cannabis, alcohol and hard drugs. For the majority of these young drug users, the decision to abuse drugs can be attributed to factors such as their stage of development, peer-pressure, family issues that are projected onto the children, and a desire to escape the harsh realities of life (Jaffe, 1998; Liddle & Rowe 2006; Rice & Dolgin, 2008). Due to their young age and societal pressures, such kids cannot be expected to make a careful analysis of the impact that substance abuse might have on them.

Across Europe, youth are equally exposed to drugs from a tender age. It's common to find 16 year olds taking alcoholic drinks. The 2010 Adolescents Health Study notes that 79% of young people in Britain experiment with alcohol before their 18th birthday, 50% would have taken marijuana, 20% try out ecstasy, 12% have tried cocaine, and close to 5% have experimented with meth. Research has demonstrated that people who are exposed to such drugs at a young age are more likely to grow up into substance abusers or even addicts

The United Nations Drug Control Agency (UNDC) report (2010) observed that across the African continent, alcohol consumption and abuse is the most common substance abused, a situation that is similar with all other continents. Alcohol is therefore the most common agent for family, community and societal ills. Due to inadequate controls of the alcohol industry, traditional brews and home made brews remain to be the mainstay of the continent. This lack of controls results in the adulteration of alcoholic beverages, with some even being laced with battery acid to boost their potency, to the detriment of consumers Mutiso, Chebet, and Mwirigi (2012). Traditionally, cannabis has been the most prevalent illicit substance consumed in africa while Khat, legal under most African jurisdictions, has featured prominently in east Africa

The abuse of khat is most common in areas where it's produced. Acuda (1982) conducted a literature review on drug abuse studies in Kenya and found that traditionally, alcohol and khat were the preferred drugs for many in Kenya, but other drugs such as tobacco and bhang have been rising in prominence. The literature review also indicated that alcohol uptake among the youth was over 50%, a figure that represented those who were habitual drinkers. Alcohol consumption was also more prevalent in urban centers as compared to rural areas.

In their study on prevalence of substance abuse among Nigerian university students, Oshikoya and Alli (2006) stated that drug abuse tended to result in dependency, which manifested in substance craving-seeking behavior which persisted irrespective of the negative repercussions endured by drug abusers. In essence, substance abuse brought about chemical changes in the brain, making an abuser ill-fit to behave in a manner that was in harmony with the wider society, which exposed them to debilitating consequences.

In kenya, various bodies have been formed to address the drug problem. National Agency for Campaign against Drugs (NACADA) Drug Abuse Prevention and Rehabilitation (DAPAR), Foundation for the

People Against Drug Abuse (FOPADA), and Anti Dangerous Drugs Organization of Kenya (ADDOK) are just some of the bodies mandated to combat the rampant vice (Kimanthi, Hassan, and Thinguri, 2014). although these organizations have launched commendable initiatives to stem the vice, the data indicates that drug use is still on an upward trajectory in the country. The mitigation or eradication of Substance abuse has not been a preserve of these bodies alone, but has also co-opted churches, schools, and Non -governmental organizations, although not with the intended impact.

The Illicit drug problem is only growing within the country. In a study conducted by Population Communication Africa (Masita, 2004) majority of youth within the country have experimented with a substance, primarily alcohol and cigarettes. Despite the fact that the users of more destructive drugs remain fewer than those of 'soft' substances, the concern is that use of any type of drug usually results in dependency , at the expense of the user's health and financial well being, which puts a strain on the family, the community and ultimately the country. Kaguthi (2006) observes that NACADA has been strengthened and facilitated to the drug trafficking menace in the country, though with minimal success.

Kaguthi notes the role that religious organizations play in instilling values among young people, but he counters that their efforts are seemingly inadequate as evidenced by the growing number of drug users in the country. He posits that youths in Kenya stand a higher risk of wrecking their lives due to substance abuse even before they turn into adults. Ngirachu (2014) also notes the negative repercussions that drug use has on the economy of countries, which is even more pronounced in a developing country that needs human capital to grow.

Understanding what drugs are is fundamental to understanding their potential abuse. A drug is any substance which when introduced into the body will alter the normal biological and psychological functioning of the body especially the central nervous system (Escandon and Galvez, 2006). According to NACADA (2011), about 200,000,000 people worldwide abuse drugs. In USA, 40% of adolescents take drugs and 60% consume alcohol. In Asia, 48.9% of University students use drugs. Among them, 24% are 1st years while 75.6% are final years. In South Africa, 52% of adolescents also take drugs.

From cocaine to gambling, addiction takes many forms, but alcohol and drug abuse may be the most pervasive forms of addiction. Alcoholism and drug addiction are chronic conditions characterized by changes in the brain that cause a person to have an uncontrollable desire to abuse alcohol or other drugs, despite harmful consequences.

A Study done by NACADA (2007) shows that drugs and substance abuse both licitly and illicitly are forming a sub-culture in Kenya among youth and the students. This is a big challenge to the country and more so in the coastal region. Some drugs are very addictive, like heroin, while others are less so. But the result is that regular drug abuse or sustained exposure to a drug - even for a short period of time – can cause physiological dependence, which means that when the person stops taking drugs, he/she experiences physical withdrawal symptoms and a craving for the drug.

In addition, before any dependence or substance abuse issues develop, excessive alcohol or drug use often leads to other complications such as serious physical injuries and accidents while under the influence, unintended and most often unsafe sex, conflicts with family or friends, and problems in school (Kimani, 2014).

A number of studies carried out in the country show that almost every Kenyan youngster at one time or another experiments with drugs, especially beer and cigarettes (Kimani, 2014). According to Kimani, a variety of factors contribute to drug abuse with the majority of students citing curiosity, acceptance by peers and ignorance as to the dangers of drug abuse as the main reasons.

There is no single factor that determines whether a person will develop alcoholism or a drug addiction. A person's overall risk for addiction is determined by their biological makeup, particularly genetics, and their exposure to drugs and alcohol.

Drug and substance abuse in Kenya is rapidly escalating from alcohol, cigarettes and khat (miraa) to the more dangerous drugs such as marijuana, cocaine and heroin among other drugs. Close to 40% of people aged 15-65 have used one of these drugs in their lifetime with huge variations on type and rate of consumption across the regions, age, gender, education level, religion and economic status (NACADA, 2007). According to a 2007 NACADA 2007, 14.2% of the Kenyan population aged 15-65 consume alcohol, 5.5% chew miraa , 1% smoke and abuse bhang, while cocaine abuse is estimated at 0.2% and that of heroin at 0.1%.

II. MATERIAL AND METHODS

Research Design: The researcher used descriptive research design because it facilitated the research operation thereby making the research efficient and yielding maximum information with minimal expenditure of effort, time and money. Descriptive research studies are those studies concerned with describing the characteristics of an individual or group (Kothari, 2006).

Study Location: The study was conducted in Faza Ward, Lamu County. The County is located in North-Eastern Coast of Kenya. It consists of a mainland and the Lamu Archipelago. Covering a total land

surface area of 6273.1 sq km, Lamu County borders Garissa to the North, the Indian Ocean to the South and South East, and Tana River to the South West and West. Lamu is generally hot. The population of the entire County as projected in 2012 stands at 112,551 persons. The county has two parliamentary constituencies and ten county wards. The constituencies are Lamu East and Lamu West while the county wards are Shella, Mkomani, Hindi, Mkunumbi, Hongwe, Bahari, Witu, Faza, Basuba and kiunga.

Faza ward is in Pate Island, with an estimated population of 13,524. Faza ward is ward number 0101. The ward covers approximately 90.80 sq.km and comprises the following sub-locations: Pate, Shanga, Siyu, Tchundwa, Myabogi, Rasini and Kizingitini.

Study Population: The number of youths currently abusing drugs in Faza is not known or documented; however prevalence in abuse of marijuana is most notable. This research study took a sample of 5 young people (both male and female) from each of the 7 sub-locations in Faza ward. Due to the population size, an additional 10 respondents was sampled from Rasini sub-locations; each 5 respondents. This gave a total of 50 respondents from the entire Faza ward.

Sampling Procedure: Purposive sampling was used to select the locations in which to carry out the study by selecting the worst hit areas. Mugenda and Mugenda (1999) argued that purposive sampling technique allows the researcher to use cases that have the required information with respect to the objectives of his or her study. Snowballing sampling design was used in order to get respondents of the study. The researcher had informants in each sub-location. The informant only helped to identify one drug user. The identified individual then referred the researcher to the next respondent and so on, until the desired total number of respondents was attained.

Data Collection Instrument: The data collection instrument used in the study was a questionnaire. The questionnaire was divided into three major sections. The first section sought to establish socio demographic information of the respondents. The other two sections were in accordance of the specific objectives; to establish factors influencing drug and substance abuse (literacy levels, type of employment and availability of drugs) and to find out the role of counseling in tackling drug abuse. The questionnaire contained both open and closed ended questions. It was a self-administered where the respondents answered themselves. In situations where the respondents had difficulties, the researcher helped in administering the questionnaire.

Focused group discussions were also carried out with male and female study participants. 8-10 young people were selected for each FGD; with one FGD scheduled per sub-location. The researcher utilized the themes and topics in the appended questionnaire tool to moderate and guide these discussions.

Procedure and Methodologies: After seeking and obtaining permission and individual consent, the questionnaires were hand delivered to the respondents. Those conversant with the language and not needing help filled the questionnaires themselves. Those that needed help were assisted by the researcher. The questionnaires were then collected dully filled for analysis. The youth were the only active respondents in the study that were involved in filling of the questionnaire. Data that was collected from review of County Documents was also included in the discussion part of the study.

III. RESULT

This chapter entails data analysis, findings and their interpretations. The administration of questionnaires helped in gathering of data. The data collected was quantitative one and was analyzed using SPSS. Descriptive statistics were used in order to find the general trend of the study's variables. Inferential analysis was conducted to indicate the association between the dependent and independent variables. These comprised regression and correlation analysis. The regression results included the model of fitness, ANOVA and regression coefficients.

Response Rate: The researcher administered 50 questionnaires to respondents in the eight sub-locations in Faza Ward, Lamu County. However, 41 were filled appropriately and handed in whereas 9 were not filled. This translates to an 84% response rate. Consequently, the documented response rate was presumed appropriate for analysis as it is supported by Mugenda and Mugenda (2010) who posited that response rate of 70% and above is sufficient for analysis and drawing conclusions. 16% of the respondents declined to make their responses.

Table 1: Response Rate

Response	Frequency	Percentage
Returned	41	84
Unreturned	09	16
Total	50	100

Source: Author (2019)

Gender: The study found that 48.8% of respondents were female whereas 51.2% were male. The results are presented in Table 4.1. It was important to know the gender distribution to see whether they it influences drug abuse. The male gender is often known to abuse drugs more than the female gender.

Table 2: Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	20	47.6	48.8	48.8
	Male	21	50.0	51.2	100.0
	Total	41	97.6	100.0	
Missing	System	1	2.4		
Total		42	100.0		

Source: Author (2019)

Age: The study sought out the respondents age and found out that 48.8% of the respondents were aged between 22 – 25 years while 31.7% were between 26 – 29 years. 14.6% of the respondents were aged between 30 - 35 years while the least proportion was of those aged between 18 – 21 years, which was 4.9%. The results are displayed in Table 4.2. It was important for the respondents to indicate their age because the older the respondent the less the likelihood of abusing drugs because of grater literacy levels, higher chances of obtaining employment, and higher chances of obtaining counseling services.

Table 3: Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18 to 21 years	2	4.8	4.9	4.9
	22 to 25 years	20	47.6	48.8	53.7
	26 to 29 years	13	31.0	31.7	85.4
	30 to 35 years	6	14.3	14.6	100.0
	Total	41	97.6	100.0	
Missing	System	1	2.4		
Total		42	100.0		

Source: Author (2019)

Marital Status: The study sought the respondents marital status and found out that 34.1% of the respondents were single while 29.3% were divorced or separated. 26.8% of the respondents were married while the least proportions were those who were widowed or were widowers, which was 4.9% a piece. The results are displayed in Table 4.3. It was important for the respondents to indicate their marital status because single people are presumed to be reckless and can consume drugs as a leisure activity while married individuals are laden with responsibilities. Those who are divorced or separated at such a young age could have drug abuse as a major factor leading to the breakup of their marriages. Those who had been widowed at such a young age could have been victims of drug abuse.

Table 4: Marital Status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Single	14	33.3	34.1	34.1
	Married	11	26.2	26.8	61.0
	Widower	2	4.8	4.9	65.9
	Widowed	2	4.8	4.9	70.7
	Separate/Divorced	12	28.6	29.3	100.0
	Total	41	97.6	100.0	
Missing	System	1	2.4		
Total		42	100.0		

Source: Author (2019)

Occupation: The study sought the respondents' occupation and found out that 53.7% of the respondents were self-employed while 31.7% were unemployed. The least proportion was that of those who were formally employed, which was 14.6%. The results are displayed in Table 4.4. It was important for the respondents to indicate their occupation because being employed and engaged leads to the reduced chances of drug abuse while being unemployed and unoccupied increases the chances of drug abuse and peddling.

Table 5: Occupation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Employed	6	14.3	14.6	14.6
	Self employed	22	52.4	53.7	68.3
	Unemployed	13	31.0	31.7	100.0
	Total	41	97.6	100.0	
Missing	System	1	2.4		
Total		42	100.0		

Source: Author (2019)

Descriptive Statistics: The study settled on descriptive research design since it allows findings generalization and analysis and relation of variables. The variables in this case included; literacy levels, and occupation.

Literacy Levels: Table 4.7 displays 53.7% of the respondents indicated that they cannot read and write, conversely, 46.3% expressed that they can indeed read and write

Table 6: Literacy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	19	45.2	46.3	46.3
	No	22	52.4	53.7	100.0
	Total	41	97.6	100.0	
Missing	System	1	2.4		
Total		42	100.0		

Source: Author (2019)

Table 7: Literacy Levels Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
There was drug abuse education during the course of your education	41	1.00	5.00	3.4390	1.56603
Media is the best way to warn the youth against drug use	41	2.00	5.00	3.9512	.92063
The education model you went through had a focus on social competence and developing health literacy	41	1.00	5.00	3.1220	.95381
You are well conversant with the risks associated with alcohol	41	1.00	5.00	3.5854	1.07181
The youth get into drug abuse due to lack of knowledge and are addicted hence unable to stop	41	1.00	5.00	4.2927	1.07805
You have had interactions with the health care system regarding drug abuse	41	1.00	5.00	3.9512	.92063
Mean				3.723583	1.08516
Valid N (listwise)	41				

Source: Author (2019)

From the study findings, we can see that the highest mean is 4.2927 of the attribute the youth get into drug abuse due to lack of knowledge and are addicted hence unable to. It has a standard deviation of 1.07805. The attribute with the lowest mean is the education model that the respondents went through had a focus on

social competence and developing health literacy which had a mean of 3.1220, and a standard deviation of 0.95381. The mean of the attributes is 3.723583 and the average standard deviation is 1.08516, which implies that the literacy levels among the youth are to a large extent in Faza Ward.

Occupation: Table 4.11 exhibits that 33.3% of the respondents established that they had other occupations, but mainly they were unemployed. 28.2% expressed that they performed casual labour while 23.1% were formally employed. 10.3% of the respondents were currently students while the least proportion of the respondents, which is 5.1%, were businesspersons.

Table 8: Occupation Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
There are anti-drug policies at your work place	41	1.00	5.00	4.0488	1.02350
Employment makes the youth fill time constructively and become independent leading to decreased drug abuse	41	1.00	5.00	4.0488	.99878
Unemployed youth join drug abuse and trafficking so as to earn a living	41	1.00	5.00	3.7073	.92854
Creation of job prospects adds significantly to willingness of unemployed drug users to seek treatment	41	1.00	5.00	3.8293	.89170
Intense drug use reduces employability	41	1.00	5.00	3.6341	1.17805
Poor individual employment prospects enhance drug use	41	1.00	5.00	3.9024	1.11366
Mean				3.861783	1.022372
Valid N (listwise)	41				

Source: Author (2019)

From the study findings, we can see that the highest mean is 4.0488 of the attributes; there are anti-drug policies at the work place and employment makes the youth fill time constructively and become independent leading to decreased drug abuse. The attributes have standard deviations of 1.02350 and 0.99878 respectively. The attribute with the lowest mean is intense drug use reduces employability which had a mean of 3.6341, and a standard deviation of 1.17805. The mean of the attributes is 3.861783 and the average standard deviation is 1.022372, which implies that occupation among the youth is to a large extent in Faza Ward.

Inferential Statistics: The section has inferential statistics employed in the study. It included correlation and regression analysis. The attributes constituting the various variables were summarized to create a whole variable. This was achieved by estimating the median value of all the attributes.

Correlation Analysis: Correlation analysis establishes whether there exists an association between two variables lying between (-) strong negative correlation and (+) perfect positive correlation. The study used Pearson correlation. This study employed a Confidence Interval of 95% and a two tail test.

Table 9: Correlation Analysis

		Drug Abuse	Literacy	Occupation
Drug Abuse	Pearson Correlation	1	.003	.119
	Sig. (2-tailed)		.987	.459
	N	41	41	41
Literacy	Pearson Correlation	.003	1	.473**
	Sig. (2-tailed)	.987		.002
	N	41	41	41
Occupation	Pearson Correlation	.119	.473**	1
	Sig. (2-tailed)	.459	.002	
	N	41	41	41

Pearson Correlation	-.101	.456**	-.072
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Regression Analysis

The variables of the study were analyzed using regression model. Initially, the independent variables; drug abuse was regressed against; literacy levels, occupation, were run against the dependent variable drug abuse. The regression analysis was undertaken at 5% significance level. The significance critical value obtained from the Analysis of Variance and Model Coefficients were compared with the values obtained in the analysis. When the independent variables are regressed against the response variable, the results are displayed below.

Table 10: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.279 ^a	.078	-.025	.88016

a. Predictors: (Constant), Counselling, Occupation, Avail_of_drugs, Literacy

R square, being the coefficient of determination indicates the deviations in the response variable that is as a result of changes in the predictor variables. From the outcome in Table 4.27 above, the value of R square was 0.078, a discovery that 7.8% of the deviations in drug abuse are caused by the predictor variables included in the study. Other variables not included in the model justify for 92.2% of the variations in drug abuse.

Table 11: Analysis of Variance

Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2.356	4	.589	.760
	Residual	27.888	36	.775	.558 ^b
	Total	30.244	40		

a. Dependent Variable: Drug Abuse
b. Predictors: (Constant), Occupation, Literacy

The null hypothesis is that the significance value obtained in the study is that there is no significant effect of the factors that influence substance abuse and substance abuse. The significance value obtained in the study is greater than the critical value of 0.05 hence the null hypothesis is not rejected, the factors that influence substance abuse included in the study do not in unison significantly affect substance abuse.

Table 12: Model Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	3.556	1.112		3.196	.003	1.299	5.812
Literacy	.181	.323	.136	.561	.578	-.475	.837
Occupation	.172	.278	.121	.619	.540	-.392	.736

a. Dependent Variable: Drug Abuse

Null hypothesis was that there is no significant relationship between each of the predictor variables and drug abuse. All the predictor variables have significance values greater than the critical value of 0.05. Thus, the null hypothesis is not rejected. The independent variables chosen for the study do not individually significantly affect drug abuse.

Table 13: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.652 ^a	.425	.343	.70462

a. Predictors: (Constant), Occupation, Literacy

R square, being the coefficient of determination indicates the deviations in the response variable that is as a result of changes in the predictor variables. From the outcome in Table 4.30 above, the value of R square was 0.425, a discovery that 42.5% of the deviations in drug abuse are caused by the predictor variables and intervening variable included in the study. Other variables not included in the model justify for 57.5% of the variations in drug abuse.

Table 14: Analysis of Variance

Model	Sum of Squares	df	Mean Square	F	Sig.	
1	Regression	12.867	5	2.573	5.183	.001 ^b
	Residual	17.377	35	.496		
	Total	30.244	40			

a. Dependent Variable: Drug_Abuse

b. Predictors: (Constant), Occupation, Literacy

Null hypothesis stated that there is no significant relationship between predictor variables in unison and drug abuse. The alternate hypothesis stated that there was a significant relationship between predictor variables in unison and drug abuse. The findings indicated a significant value of 0.01, which is less than critical value of 0.05. This meant that the null hypothesis was rejected and the alternate one adopted. Thus, the overall model is significant to explain drug abuse.

Table 15: Analysis of Variance

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	.142	1.159		.122	.903	-2.211	2.495
Literacy	-.170	.270	-.127	-.630	.533	-.718	.378
Occupation	.233	.223	.164	1.046	.303	-.220	.686

a. Dependent Variable: Drug_Abuse

The null hypothesis was that there is no significant relationship between each of the predictor variables and drug abuse. The alternate hypothesis is that there is a significant relationship between each of the predictor variables and drug abuse. All the other predictor variables have significance values greater than the critical value of 0.05. Thus, the null hypothesis is accepted meaning they do not significantly affect drug abuse.

IV. DISCUSSION

The study objective was to investigate the factors that influence the abuse of drugs and substances among the youth in Faza ward, Lamu County. The effect of each of the predictor variable on the response variable was analyzed in terms of strength and direction.

Descriptive statistics indicate that drug abuse is exhibited to a large extent in the Faza Ward, Lamu County. The test for multicollinearity using the correlation matrix indicates that there is presence of multicollinearity; all the predictor variables, excluding the intervening variable, are significantly correlated to each other at the 5% level of significance. This can interfere with the study findings.

The study findings are in tandem with a report done by NACADA (2007) which stated that drugs and substance abuse both legal and illicit are forming a sub-culture in Kenya among youth and the students and pose a big challenge to the country and more so in the coastal region. The study findings are also in agreement with the findings of a study conducted by Korir (2013) that alcoholism and drug abuse, are some of the social problems experienced in the coast.

The analysis of variance, which is exhibited when the intervening variable is included in the model, shows that the model developed is significant as evidenced by the significance value obtained when compared to the critical value. This implies that the model is appropriate in predicting drug abuse.

Literacy Levels

Literacy levels with regards to drug abuse in Faza Ward, Lamu County are exhibited to a large extent. However, literacy does not exhibit any link or significant relationship with drug abuse. The study findings are contradictory to the findings of a study conducted by Korir (2013) that illiteracy is one of the number of social problems identified in the coast. The study findings are also in disagreement with a study findings by McCannon (2009) and Aufderheide (2010) that media literacy skills can provide part of the foundation for the prevention of substance use.

Occupation

Occupation activities in Faza Ward, Lamu County are exhibited to a large extent. However, occupation does not exhibit any link or significant relationship with drug abuse.

The study findings are in tandem with a study conducted by Kandel (1980) that although employed people may have lower drug use rates than the unemployed, employment does not eradicate the urge to use drugs. They are also in agreement with studies conducted by Johnston, O'Malley, and Bachman (1987) that it is probably not dramatically different from the young adult working population, it is unlikely that most youths cease their drug use upon entering the workplace.

The study findings contradict findings of a study conducted by the International Journal of collaborative Research on Internal Medicine and Public (2012) which established that some unemployed youth join drug abuse and trafficking so as to earn a living and that poor individual employment prospects enhance drug use and intense drug use reduces employability.

V. CONCLUSION

The overall objective was to investigate the factors that influence the abuse of drugs and substances among the youth in Faza ward, Lamu County; and evaluate current responses and strategies in place to counter prevalence of the drug and substance abuse trend among youth in Lamu County. The study concluded that literacy levels, occupation, do not have a significant impact on drug abuse.

The conclusions are in tandem with the social bonding theory which is a sub-set of the theories of delinquency, where from a social learning perspective, focus will be directed toward intimate groups and the acquisition of values and beliefs favoring deviance and crime (Patterson, 2002).

Sauda Kassim Kupa. " Factors Influencing Substance Abuse among Youth in Lamu County A Case of Faza Ward- East Sub County." IOSR Journal of Humanities and Social Science (IOSR-JHSS). vol. 24 no. 09, 2019, pp. 22-31.