

Causes and Extent of Drug Abuse in Public Secondary Schools; Lessons and Policy Options from Public Secondary Schools in Nyamira North Sub-County, Kenya

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Abstract: The objective of this study was to examine the causes and extent of drug abuse in public secondary schools in Nyamira North Sub-County, Kenya. The population for the study composed all public secondary schools, principals, teachers and students of public secondary schools. Random sampling was applied to select a sample of 11 principals, 97 teachers and 1728 students. Questionnaires and interview schedule were the main research instruments used to collect data. The results of the study revealed that drug abuse was common among secondary school students with alcohol being the commonly abused drug. Based on the findings, it was recommended that a combination of guidance and counseling, mentorship and policy approaches should be adopted to address the problem of drug abuse in the sub-county.

Keywords: Drugs, Drug Abuse.

I. INTRODUCTION

Substance use and abuse by young people and problems associated with this behavior have been part of human history for a long time. What differs today is the increased availability of a wide variety of Substances and the declining age at which experimentation with these Substances take place (WHO 2000.)

However it is important to note that all drugs are dangerous and that the deliberate ingestion of drugs is harmful to the individual, the family, the community and society as a whole. No consensus exists about the specific root causes of drug abuse and addiction for particular individuals. Most adolescent begin drinking at home under parental supervision especially during holidays and on special occasions (Imbosa, 2002). The issue of drug abuse has generated great interest among researchers as to why adolescents get into drug abuse. The reasons why people turn to drug abuse are as varied as the types of people who abuse them. They include individual predisposition, family characteristics and complex social and environmental determinants. It was against this background that this study examined the causes and extent of drug abuse in public Secondary Schools in Nyamira Sub- County Kenya.

Statement of the problem:

Drug abuse and its attendant undesirable behaviours have been increasing over the years in Kenya (NACADA, 2004) Thus causing concern over the role the schools are playing as primary socializers of students. The increase in drug abuse threatens to derail national objectives of education, the curriculum and National development goals countrywide.

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According to (Ndirangu, 2001) the escalating level of students abusing drugs is making stakeholders in education, parents, religious leaders and the mass media quite uncomfortable. This indicates that the efforts that the schools have been putting in place to eliminate drug and Substance abuse have not been working effectively. Consequently drug abuse has led to increase in cases of indiscipline as reflected through strikes, theft truancy, sneaking out of school, disobedience to teachers and general indiscipline. The need to investigate on the influence of drug abuse on academic performance was noted. Research was therefore called for to guide policy towards building capacity of schools to effectively educate and intervene on the influence of drug abuse among students in public secondary schools in Nyamira North Sub-County, Nyamira County.

Purpose of the study:

The purpose of this study was to examine the causes and extent of drug abuse in public Secondary schools in Nyamira North Sub-county, Kenya.

Significance of the study:

This study is of immense importance to the teachers, students, policy makers, the government and any health organization in the sense that:-

1. It would create awareness for the teachers and students of the existence of the use of drug abuse in the areas of school premises with a view of devising possible methods of preventing information to them about drug abuse by teachers in various schools.
2. Another importance of the study was to make sure that students were given the necessary knowledge about the use of drugs.
3. The study to a large extent would help the government and health organizations to be able to have laudable health objectives towards the knowledge on eradication of drug abuse among the secondary school students.

II. LITERATURE REVIEW

Numbers of authors and researchers have shown that there are many contributing factors to drug abuse among students, Youth Plan (2005-2009) states that in a school setting, drug abuse affects the children of the rich as well as those from poor families. Weeks (2000) argue that drug abuse is caused by a combination of biological, psychological and environmental factors. The most influential include the family, peer association, school performance and social class membership of which it is envisaged. Some students use drugs for the purposes of satisfying curiosity, adolescents are curious to discover the sensation and get unique profound feelings, (Johnstone 2000). This curiosity has partly been aroused by seductive advertisement on print and electronic media which make the youth falsely believe that it is sophisticated to take drugs for example alcohol and cigarette Imbosa 2002. With proper control of these causes, the secondary schools in Nyamira North Sub-County would enhance students' academic performance.

According to the United Nations (2005), drug abusers, like other people seek approval for their behavior from their peers who they attempt to convince to join them in their habit as a way of seeking acceptance. Whether peer pressure has a positive or negative impact depends on the quality of the peer group. Unfortunately, the same peer pressure that acts to keep a group within an accepted code of behavior can also push a susceptible individual down the wrong path. The social reasons influence adolescents to abuse drugs because they want to feel more comfortable and to enjoy the company of peer. Associations with people who glorify drugs also make the adolescents try. (Pascarella, 2007) Poor impulsive control and tendency to seek sensations rather than avoid them. Drugs provide pleasure by giving inner peace, joy, relaxation and exhilaration (Johnstone 2000) Drugs help the adolescents to escape anxiety and emotional problems (Muite and Ndambuki 1999). To get along with other students some students indulge in drug to cope better in their world. E.g. amphetamine and Khat help them to stay awake and study for exams, anabolic steroid helps them perform better in athletics. Some students believe that drugs help them to adopt to the ever-changing environment (Johnstone2000). Adolescence is a period of transition; many changes take place so fast, making identity difficult. A study carried out by Masita (2004) in Nairobi secondary schools indicated that the majority of drug users had friends who used drugs. There is significant relationship between the Subjects' drug using behavior and the environment of their friends in drugs. When an

adolescent associates with other adolescents who are drug abusers, the risk of involvement with drugs is further increased. This study held that there was a relationship between the drug abuse and academic performance.

A survey of youth in southern Nigeria found out that the source of drugs for drug using students was friends in the same or neighboring schools and students who reported using drugs had more drug using friends than abstinent friends. With proper guidance on peer pressure the schools in Nyamira County would control drug abuse hence improve academic performance. On the same finding Kiiru (2004) argues that peer pressure influences youth to use Substances under the false impression that some drugs stimulate appetite for food, increase strength and give wisdom as well as courage to face life. Young people in urban areas have more opportunities to try new drugs and are exposed to more influence from peers and the media than those from rural areas.

Much has been said and written about relationship between home environment and drug abuse. The family especially the parents are the child's basic socializing agents Doll (2004) indicates that a child gains his/her first standards of behavior from teaching of parents and other grown ups' pressure around. The reports argues further that if a child observes a disjuncture between parents' teaching and practice it creates doubts, which is carried into adolescence giving rise to deviant behaviour. The nature of parent – child interaction and the general atmosphere with the home is currently related to delinquency among the youth. Furthermore, having a parent who is a drug abuser would most likely expose the child to the influence of drug abusing. Drugs help adolescent to escape anxiety and emotional problems (Lancet, 2000) to get along with other students some students indulge in drugs to cope better in their world e.g. amphetamine and Khat help them to stay awake and study for exam, anabolic steroids help them perform better in athletics. One student, believe in ever changing environment (Johnstone, 2000). Adolescence is a period of transition, many changes occur and adolescents try to adopt but the changes take place so fast, making identity difficult.

Drugs also help the adolescence to avoid live demands and problems as a defense mechanism (French, 2001). Those who are prone to aggression use drugs as an excuse or justification for their aggressive behavior. Religious affiliation, Pseudo religious groups such as Mungiki make their members sniff snuff during rituals. Alternative faith such as Rastafarianism allows the use of Marijuana by the adherent for ritual reasons. Members claim that Marijuana helps them to meditate. This deviant behavior would contribute negatively to academic performance in Nyamira North Sub-County, Nyamira County.

A survey report released by NACADA in Kenya in 2004 says that young people between 10 and 24 years whose parents use or sell alcohol and other drugs are likely to abuse these Substances. At times youth, including students, who sell on behalf of parents are themselves exposed to Substance abuse in due cause. Drug abusers tend to be young men including students who have been deprived of parents' supervision and care at a tender age. This type of cause was in use in the County and its effect felt. The study sought to find out whether it was in practice and what its result was in academic performance.

The school is the first large scale socializing organization of which the child becomes a member. Unlike in the family, its members are mostly unrelated, and in some cases teachers may not necessarily belong to the child's ethnic community. The element of social heterogeneity coupled with its large size makes the school a secondary social group. Therefore whereas the family is essentially an informal socializing agent, the school combines formal (classroom teaching) and informal (Peer group influence) processes of socialization. The teacher thus has to take the role of a parent and counselor, both in academic and social matters. Adolescents whose parents abuse drugs experience a higher rate of parental or family problems than those whose parents do not abuse drugs. These may cause pure parent-child attachment which may in turn lead to lack of commitment to convictional activities, thereby at times leading to adolescent drug abuse. Families have powerful influence on shaping the attitudes, values and behavior of children. During socialization, parents and family members direct young people's conduct along desired channels and enforce conformity to social norms. In traditional African society, socialization began with the birth of a child and progressed in stages to old age, building and proceeding socially recognized achievements. The parents expect the teacher to guide the children on social norms and values in relation to society's expectations. The disruption of such discipline may lead to protests, demonstrations, strikes, riots and drug abuse (Bawazeer 2001). This is based on the assumption that communication of knowledge, attitude and skills will guide the child in the right direction. This is only possible if school discipline is maintained. It is important to realize that fostering responsible attitudes among students will bring about a greater sense of self-actualization and this can also be a check of drug abuse.

Availability and cost of drugs is associated with drug abuse. According to Kaguthi the NACADA director in (2004) availability of illegal drug such as heroin, cocaine and Mandrax together with availability of legal Substances such as cigarettes and alcohol may lead to drug abuse. This encourages the use and the eventual abuse of Substances by the youth. According to the report, the ready availability of most drugs appears to be the most important cause of the prevalence of Substance use and abuse amongst Kenyan Youth. The report also established that two widely used Substances are grown in the country. In some cases drugs are readily available e.g. cigarettes in shops cheap alcohol in wines and spirits shops, Khat, Marijuana etc. Some students are used by dwellers to peddle drugs and this increases accessibility of drugs to adolescents. Most public secondary schools in Nyamira County are near local market centers which sell drugs among other commodities.

Parents and other members of the family place high value on success in school and the competition can often be tough. Young people studying for examination therefore report the use of central nervous stimulants to keep them awake and alert and this may lead to dependence on these Substances Obot (2005). Some of the drugs used for this purpose include amphetamine and cannabis. Breakdown of social structure, modern society has become more tolerant to immorality. This is displayed in the alienation and rebellious character of the youth lack of purpose etc. (Kish 2003). Family influence range from genetic predisposition to alcohol parental use and acceptable of drugs to poor parenting, family conflicts and economic hardship (Imbosa 2002). Lack of self-esteem Kandela, (2005) this may result from academic failure and lack of commitment to educational goals. Peer pressure in order to gain acceptance into peer group. Some of the requirements of such peer group may include use of drugs.

Personality trait in one study said, smokers in junior and senior schools were found to be more extroverted, happy, go-lucky and Frank but less agreeable than non-smokers (Dee2003). Indiscipline and early persistent behaviour problems for example, aggressive behavior and delinquency is a way of adolescents asserting their independence and desire for adult status (Imbosa, 2002). This believes is normally based on false advice by peers, advertisements and drug dealers. Contrary to the popular belief poverty is not linked with drug abuse unless deprivation in extreme Anderson (2004). There were schools in Nyamira County that experienced this type of cause. The study would establish the effect of this cause on students' academic performance.

The above studies showed that various factors contribute to drug abuse among school learners, knowledge about the factors causing the problem is vital in development of intervention programmes to address it. The more risk factors one is exposed to, the greater the chance that they will abuse drugs. It can be fought effectively if the cause is known. Our schools are surrounded by all types of communities. This study attempted to establish the causes and extent of drug abuse. There were schools in Nyamira North Sub-County Nyamira County with these causes. It was therefore important to carry out a study and establish the actual factors which are unique to the Sub-County with a view to proposing intervention measures.

III. RESEARCH METHODOLOGY

The study utilized descriptive survey design. The descriptive design was found appropriate for such a study that attempts to examine the causes and extent of drug abuse in public secondary schools.

Sample and Sampling Procedures:

From each class 39 students from form one to four, a total of 157 students were sampled randomly from the class list. In case of the mixed schools gender was considered so that the respondents represented both gender (50% boys- 50% girls). For single set school the researcher purposely selected 20 boys and 20 girls from the class list of each class, one principal, nine teachers, for each school were purposively sampled for the study. A total of 168 respondents per school. The total number of respondents were 1848 who were got as follows; 1728 students 11 principals,

Research Instruments:

In this study, the instruments that was used is the questionnaires which were designed by the researchers. Questionnaires were administered to principals, teachers and students. They collected data on the causes of drug abuse, extent of drug abuse among students. Questionnaires were used as they allowed uniformity for all respondents. They were less expensive and time saving. Frankel and Wallen (2008) observed that questionnaires offer considerable advantage in the administration; It presents an even stimulus potential to a large group of people simultaneously and provide the investigation with an easy accumulation of data. The authors maintain that questionnaires give respondents freedom to

express their views or opinion and also make suggestions. In this study the questionnaire was found effective because researching on drugs was not easy as drug abuse is a crime and respondents feared to be identified and arrested by authorities. Anonymity helped to produce more candid answers than it was possible in an interview.

IV. RESULTS AND DISCUSSIONS

Students Response on Causes of Drugs:

This section sought to establish the reasons why public secondary school students abuse drugs so as to help design appropriate strategies to address the problem.

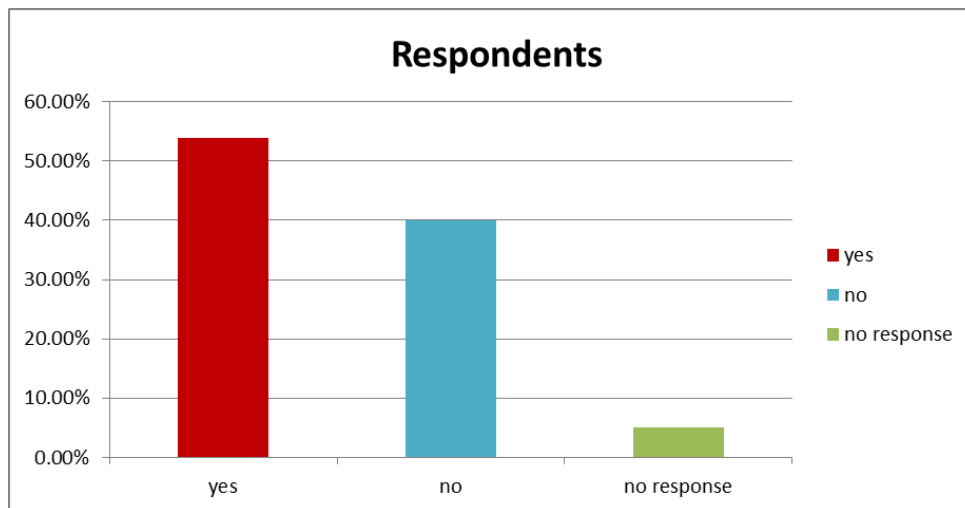


Figure 1; Availability of drugs

When students were asked whether these drugs are easy to get in school, out of 1728 students 931(53.87%) said yes 706(40.85%) said no and 88(5.09%) did not respond.

These responses could suggest that society outside the school was contributing to drug abuse among students by making drugs easily available which, as indicated in table 1 of the study proved to be a specifically significant factor in the drug abuse chain. This finding is further supported by Nyassy (Sunday nation, February 8, 2013), who says that the general trend in the country is for drug sellers targeting young people with children as young as 11-13 years are being recruited into drug abuse.

The researchers sought to know how drugs were obtained by students in secondary schools.

The responses by the students was as shown in the table below:

Table 1: Sources of drugs

Source	Frequency	%
Fellow student	785	45.42
Hospitals	97	5.61
Kiosks/small shop	332	19.21
Night clubs	150	8.68
Slum areas	238	13.77
watchmen	128	7.41
Total	1728	100

According to table 1 it shows that fellow students who are peddling drugs were leading at (45.42%) followed by kiosks/shops around the secondary schools (19.21%) slums (low income areas) around the school (13.77%) watchmen (7.41%) and hospitals(5.61%).

Next, the researchers wished to know from students why drugs were abused in secondary schools and their responses were as shown below

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Table 2: Reasons for drug abuse

Why do students abuse drugs	Frequency	%
Acceptance by friends	230	13.3
Availability	289	16.7
Cheap	259	15.0
Curiosity	462	26.7
Excess money	143	8.3
Increase intelligence	57	3.3
Teacher/parent abuse drugs	202	11.7
Unaware of drug abuse dangers	86	5.0
Total	1728	100

Out of the 1728 students 462(26.7%) said curiosity probably because the students fall in the age bracket which experiments with harmful drugs and substance. 289(16.7%) said availability of drugs, indicating that students may be easily abusing drugs while in school probably from around the school. 259(15%) said drugs are cheap which may deliberately be done by sellers so as to lure many into the vice. 230(13.3%) said acceptance by friends since they could probably wish to belong to a given group. This concurs with United Nations 2005 which said that drug abusers seek approval for their behaviour from their peers. 202(11.7%) said teachers/parents abuse drugs suggesting that students may be emulating poor role models, 143(8.3%) said excessive pocket money indicating that parents or guardians may be contributing to their children abusing drugs by giving them excess pocket money or these students may be engaging in activities that fetch them excess money. 86(5%) students said unaware of the dangers of abusing drugs and 57(3.3%) said to increase intelligence, suggesting that students lack adequate information on drugs and substance abuse which may be why they were abusing it.

The study inquired whether students were aware of their schoolmates who abused drugs.

Table 3: Students awareness of their school mates abusing drugs

Response	Frequency	%	Frequency	%
Yes	1153	66.7	-	-
No	432	25	-	-
Total	1585	91.7	-	-
No response	-	-	143	8.3
Total	1585	91.7	143	8.3

Out of the 1728(100%) students, 1585(91.7%) students responded. 1153(66.7%) said they were aware of their fellow students who abused drugs. 432 (25%) said they were not aware of fellow students who abused drugs. While 143 (8.3%) gave no response, maybe because of fear of being victimized. This was important to establish the relationship that revealed the role of peer pressure and a sense of belonging to a certain group in drug abuse.

The study sought to establish the responses given by teachers on the causes of drug abuse among secondary school students.

Table 4: Response rates of teachers on the causes of drug abuse

Cause	Frequency	%
Acceptance by friends	28	28
Availability	15	15.5
Cheap	10	10.3
Curiosity	16	17
Excess money	9	9.3
Intelligence	3	3.1
Teacher/parents abuse drugs	11	11.3
Un aware of drug abuse problem	5	5.2
Total	97	100

From the table above out of 11 (100%) respondents 2 (18.2%) reported intelligence to be the cause of drug abuse, 1 (9.1%) said that curiosity did contribute to drug use. 2 (18.2%) said excess pocket money, said 2 (18.2%) teachers and parents who abuse drugs made students abuse drugs by emulating them, and 4 (36.3%) said that they abused drugs for peer group appro

The study established the correlation between teachers and students response on causes of the drugs abused.

Table 5: Correlation of teachers and students on causes of drug abuse

Causes	X	Y	XY	X ²	Y ²
Acceptance by friends	28	462	12936	784	213444
Availability	15	289	4335	225	83521
Cheap	10	259	2590	100	67081
Curiosity	16	230	3680	256	52900
Intelligence	3	57	171	9	3249
Excess money	9	143	1287	81	20449
Teacher/parent drug abuse	11	202	2222	121	40804
Unaware of drug abuse problem	5	86	430	25	7396
Total	97	1728	27651	1601	488844

$\gamma = 0.86$

The Correlation Coefficient is usually between -1 and +1. According to the study, there was a very strong relationship between the views of the teachers and those of the students regarding the causes of drugs abuse in Nyamira North Sub-County.

On the general situation of drug abuse in their institutions out of 11 principals (100%) 7 (63.64%) agreed that there was drug abuse in their schools while 4 (36.36%) denied that drug abuse was not a problem in their institutions due to stern drug policy that they had put in place. On the extent of drug abuse the respondents answered as shown in the table below.

Table 6: Extent of drug abuse

Alcohol	4	36.3%
Barbiturate	2	18.2%
Khat	-	-
Marijuana	3	27.3%
Tobacco	2	18.2%
Total	11	100%

From the findings it shows that out of 11 principals (100%), 4 (36.3%) said that alcohol was the most common abused drug followed by Marijuana 3 (27.3%), then Tobacco 2 (18.2%), barbiturates 2 (18.2%) which is in accordance with Inns (2009) who says that more than 40% of individuals who began drinking at age 14 developed dependence on alcohol.

This study sought to establish the magnitude of drug abuse among students in public secondary schools.

Drug abuse are prevalent among public secondary schools in average 40% of secondary schools students drink alcohol excess fully, 16% meet criteria for an alcohol use disorder and 22% used a drug during the past month. With marijuana being the most common. 22% did not abuse drugs. Non-medical use of prescription medication, were also common with 40% reported using, but this use varied significantly across schools. Moreover, excessive drinking and drug abuse often overlap.

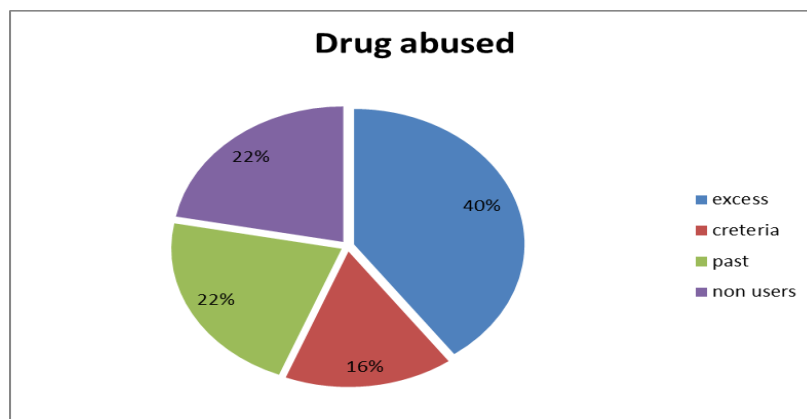


Figure 2: Drugs abused.

Table 7: Extent of drug abuse

Drugs	Frequency	%
Alcohol	708	41
Barbiturates	173	10
Khat	242	14
Marijuana	328	19
Tobacco	277	16
TOTAL	1728	100

Table 7 Shows that not all (1728) students responded to the various multiple choice options in this question. Based on the chart, alcohol is the most frequently abused drug with a response (41%) followed by marijuana (19%) tobacco (16%) Khat (14%) and Barbiturate (10%).

The findings concerning Alcohol, marijuana and tobacco as the most common abused drugs possibly reflect overall current situation of drug abuse among the secondary school students in Nyamira North Sub-County, Nyamira County. For example in 2004, Nacada reported that the national prevalence of drug abuse among the youth was 60%, alcohol 58%, tobacco 23% cannabis and 22% marijuana among others. The current scenario could be attributed to the fact that Kenya has become a progressively significant transit point for drugs destined for other continents such as Europe and North America. In addition, use of drugs such as alcohol, marijuana and tobacco is culturally, socially and legally acceptable in Kenya and these drugs are locally produced. Such factors have compounded the problem of Substance abuse and dependence among the youth including students.

The relationship between age and drug abuse was investigated. The results are presented in the table 6

Table 8: Relationship between age and drug abuse as reported by students

Age in years	Yes	No	Total
12-14	125(25%)	375(75%)	500(100%)
15-17	254(29%)	622(71%)	876(100%)
18-20	198(58%)	144(42%)	342(100%)
No response	-	-	10
TOTAL			1728

Chi-square test results:

$X^2=8.23$. The probability chi-square =8.23 0.05, with df=1 at the 5% level of significance indicates significant dependency between age and drug abuse.

As shown in table 6 respondents' ages ranged from 12-20 years with the majority being 15-17 years. A chi-square test was also established whether statistically significant dependency exists between drug abuse and age. The computed chi-square value of 8.23 was greater than the tabulated value of 5.99 at 5% level of significance and with one degree of freedom. This implies that drug abuse is significantly dependent on age of respondents and therefore a significant relationship exists between the two variables.

The deduction illustrated in table 6 frequencies indicates that the greatest ratio of drug abusers to no abuses is associated with the 15-19 years category. The researcher can only speculate that the finding might be linked to the development phase of an independent adult which is characterized by sense of wanting to be in control and peer influence as mentioned by Khanyisile, (2005) the table also shows that there a few cases of drug abuse in the 18-20 years of age category. The tendency suggest that if students could be made aware of the effects of drug abuse at an earlier enough stage, the practice could be reduced among the youth in public secondary schools in Nyamira North Sub County Nyamira, Kenya

On the extent of drug abuse among students in public secondary schools in Nyamira North Sub-County, teachers gave responses as shown below

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Table 9: Teachers responses on the extent of drug abuse

Drugs	Frequency	%
Alcohol	52	53.6
Barbiturates	7	7.2
Khat	5	5.2
Marijuana	17	17.5
Tobacco	16	16.5
Total	97	100

From the table above, 9 out of 97 (100%) teachers 52 (53.6%) said alcohol was the most abused, 17 (17.5%) said Marijuana, 16 (16.5%) said Tobacco, 7 (7.2%) said Barbiturates and 5 (5.2%) said Khat was the least abused drug.

Table 10: Correction between teachers and students' responses on extent of drug abuse among students in public secondary school

	X	Y	XY	X ²	Y ²
Alcohol	50	708	35400	2500	501264
Barbiturates	7	173	1211	49	29929
Khat	5	242	1210	25	58564
Marijuana	17	328	5576	289	107584
Tobacco	16	276	4416	256	76176
Total	97	1728	47813	3119	773517

The correlation coefficient is usually between -1 and +1. According to the study, there was a very strong relationship between the views of the teachers and those of the students regarding the extent of drug abuse in public secondary schools in Nyamira North Sub-County.

V. CONCLUSIONS AND RECOMMENDATIONS

From the respondents' response, it was evident that they were aware of the drug abuse among students in public secondary schools and the influence of drugs on academic performance. The main cause of drug abuse was to be accepted to the group that had already been engaged in the drug abuse. On the extent of drug abuse, alcohol was found to be the most abused drug among students in public secondary schools in Nyamira North Sub-County Nyamira County, thus need to control its access by school going students.

Guidance and counseling was found to be effective mitigating strategy to curb the vice of drug abuse by students in public secondary schools. Finally effect of substance use of heavy drug abusing students may directly impair academic abilities which limit their academic performance. For most students who use drugs at lower level however drugs use may serve as a maturational snare that keeps some students engaged in deviant peer groups as others move onto more normative groups thus having a long term direct effects on educational attainment. Other studies have discussed similar process in which differential pathways to problematic outcomes are determined, in part, by the level of multiple risk behaviors. If we believe that multiple mechanisms are operating then it follows that preventive interventions aimed at improving academic engagement should broaden their focus beyond drug abuse in adolescence. Community and family risk factors should also be targets of intervention. Their findings showed that drug abuse in students partially mediated the influence of their externalizing behavior on secondary school completion. Students externalizing also had direct effects in both students', reading achievements and on certificate completion. This implies that a powerful target of intervention would be externalizing behaviours especially for those who have not yet developed heavy or problematic levels of alcohol/drug abuse.

The following are recommendations for effective programming to prevent and reduce drug abuse among students in public secondary schools;

1. Form one students typically have exaggerated ideas about how much secondary school drink wanting to fit in and being free of parental control for the first time these students can be led by misperception into a pattern of drinking that increase their risk of academic failure, serious injury, sexual assault and even death. Social norms marketing

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campaigns should be rolled out in secondary school to try to counteract these false beliefs by conveying accurate data about student drinking norms. The idea is that once students learn that far fewer students are drinking heavily than they once thought they will feel less social pressure to drink and therefore moderate their alcohol use.

2. School should enforce strict rules on alcohol and drug abuse by requiring all social events during orientation of form ones to be alcohol free, disseminate responsible host guidelines for both boarding and day students, install a responsible beverages service program, eliminate residence hall delivery of alcohol purchase, advertise food and activities such as dancing or sports rather than drinking as focus of the event.

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