EFFECTIVENESS OF CONTROL AND PREVENTION OF ALCOHOL AND DRUG ABUSE AMONG COOPERATIVE UNIVERSITY COLLEGE OF KENYA STUDENTS

BY
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ABSTRACT

Alcohol, drugs and substance abuse among university students is becoming a concern to all stakeholders in Kenya particularly in education. This study explored the most effective ways to control and prevent alcohol, drugs and substance abuse among students in institutions of higher learning. The study was conducted at the Co-operative University College of Kenya. The purpose of the study was to identify the prevalence of drugs and substances abuse; establish the causes and effects of alcohol, drugs and substances abuse on students; and, identify the types of control and preventive interventions used to control and prevent alcohol, drugs and substance abuse in institutions of higher learning. The research is anchored on Murray Bowen's family systems theory which states that individuals cannot be understood in isolation from one another, but rather as a part of their family. Within the boundaries of the family system, behaviour patterns develop in such a way that they cause other family behaviours to develop in predictable ways. When patterns of behaviours within a family system are not maintained, the result is usually dysfunction. The data for the study was collected from students through structured closed and open ended questionnaires and the quantitative data analysed using Statistical Package for Social Scientist (SPSS). Findings indicated that almost one in five students at university (18.6%) had used some form of drugs in their lifetime and that institutions of higher learning were experiencing a great deal of alcohol and drug abuse related problems. Students engaged in alcohol and drugs due to a combination of issues including peer pressure, family problems, mass media, parental influence, and the perception that drugs help in improvement of knowledge. Almost a half of the students who had been inducted in drugs (43.75%) had been negatively affected in their life and many desired to discontinue with the habit. The study established that random inspection of students, sensitization, guidance and counselling, and total drug ban were needed in order to control alcohol and drugs. The study recommends that institution of higher learning should forge stronger cooperation with other external agencies that carry out campaigns against alcohol, drugs and substance abuse to deal with the problem.

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