

**INFLUENCE OF PARENTING STYLES ON SUBSTANCE USE AMONG
YOUTHS FROM TREATMENT CENTERS IN KIAMBU COUNTY, KENYA**

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the Degree of Master of Arts in Counseling Psychology in the Counseling
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DECLARATION

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DECLARATION

I declare that this document and the research that it describes are my original work
and they have not been presented in any other university for academic work.

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DEDICATION

This work is devoted to my spouse Peter and my children Faith, Joshua and Edwin who have been my great support in this journey of adult learning.

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ABSTRACT

Parenting styles act as a compass in guiding children as they develop into adults, and each style has an important implication for children's future functional development. This means that parenting plays a principal role in child socialization, providing an early understanding of identity. The purpose of this study was to examine the influence of parenting styles on substance use among youths from treatment centers in Kiambu County. The study specifically sought to establish the influence of authoritative parenting style, authoritarian parenting style, permissive parenting style and uninvolved parenting style on substance use among youths from treatment centers in Kiambu County. The study was guided by Baumrind's theory of parenting styles. The study adopted a descriptive research design with a target population of 30 recovering addicts and 6 counselors aged 18-35 years from Wonderpeace, Ahadi and Sober Living treatment centers. The study used purposive sampling to select 30% of the study population. The study employed a modified Parenting Style Four-Factor Questionnaire and interview schedule to measure parenting styles as perceived by the youths. The Drug Abuse Screening Test was used to assess substance use levels among the youth. Pilot testing involved participants from the Retreat treatment center in Limuru Sub-County, Kiambu County. A coefficient of more than 0.7 was obtained, and hence qualifying the instrument in the study as reliable. The validity of instruments was approved by the university supervisors and pilot testing. Thematic analysis assisted in identifying patterns of meaning across a dataset that provided an answer to the research question sort for. The Statistical Package for Social Science version 24.0 was used in analyzing the collected data. Descriptive statistics involved frequencies, means, standard deviations and percentages. Data from the semi-structured interview guides were coded and analyzed using. Thematic analysis and presented in verbatim. Pearson correlation was used to test relationships between independent and dependent variables. Findings of the study indicated that there was no significant relationship between authoritative parenting style and the youths' substance use ($r=0.232$, $p=0.421$). There was a significant relationship between authoritarian parenting and youths' substance use ($r= 0.37$, $p= 0.04$). There was also a strong positive relationship between both permissive and uninvolved parenting styles and the youths' substance use ($r=0.710$ at $p<0.05$) (($r=0.785$ at $p<0.05$) consecutively. Therefore, it was established from the findings that authoritarian, permissive and uninvolved parenting styles had influenced on substance use among youths from treatment centers in Kiambu County. The study recommended that parents should not impose forceful and punitive discipline to disobedience in children, but rather make engagements and negotiation to find an amicable solution. Parents should keep track of their children's social interaction and behavior to ensure they are consistent with the moral virtues and principles accepted in society. Further research should be carried again in the rest of other Counties for comparative purposes. The findings of the study may enable the government of Kenya to initiate evidence-based interventions for addressing the fundamental issues that contribute to substance use among the youth in the Counties. The findings of the study may also add to the limited existing information on the influence of parenting styles on substance use among the youths

OPERATIONAL DEFINITION OF TERMS

Addiction:	Recurrent use of the substance and other drugs that end up affecting the functioning of the user.
Authoritative parenting:	Parents provide a balance between control and support with flexibility into open communication with their children.
Authoritarian parenting:	Parents don't give room for negotiation with their children. They use harsh punishment expecting everything to be done to their expectations; hence mistakes are not condoned but things should be done right.
Demandingness:	Rights of integration of children into the community and family as a result of their maturity expectations.
Parenting styles:	These are different patterns or attitudes of bringing up children.
Permissive parenting:	Parents have a few rules and regulations because they tend to want to be more friends to their children and give them the freedom of choice.
Responsiveness:	The level of receptiveness of parents in accepting their children's emotional and developmental needs.

Substance use:	Substance use refers to the use of licit or illicit drugs which includes substances such as cigarettes, alcohol, inhalants and solvents and prescription drugs,
Substance abuse:	Substance abuse refers to the detrimental or risky use of psychoactive substances, both licit and illicit drugs
Uninvolved parenting:	Parents lack responsiveness to a child's needs. These kinds of parents may be present or absent, less concerned about their children behaviors.

ABBREVIATIONS/ACRONYMS

ADA:	Alcohol and Drug Abuse
ADAQ:	Adolescent Drug Addiction Questionnaire
ATOD:	Alcohol, tobacco and other drugs
AOD:	Alcohol and Other Drugs
ANU:	Africa Nazarene University
DAST:	Drug Abuse <i>Screening Test</i>
DSM-5:	Diagnostic Statistical Manual for Mental Substance use Disorders.
NACADA:	National Authority for the Campaign against Alcohol and Drug Abuse
NACOSTI:	National Commission for Science, Technology and Innovation.
NSDUH:	National Survey on Drug Use and Health
PSFFQ:	Parenting Style Four-Factor Questionnaire
SPSS:	Statistical Package for Social Sciences
TA:	Thematic analysis
US:	United States
WHO:	World Health Organization

CHAPTER ONE

INTRODUCTION

1.0 Introduction

The focus of this chapter is on the influence of parenting styles on substance use among the youths in treatment centers in Kiambu County. The chapter also presents the statement of the problem, the purpose of the study, objectives of the study and research hypotheses. Further, the significance of the study, the scope of the study, delimitations of the study, limitations of the study, assumptions of the study, theoretical and conceptual frameworks are explained. This chapter is important because it gives an outline of how the study is going to be conducted.

1.1 Background of the Study

Parenting styles act as a compass in guiding children as they develop into adults, and each style has an important implication for their future success. A study done in Brazil indicates that parenting approaches become fundamental aspects of the parenting process, entailing of how parents deal with their offspring, impose rules and exercise authority over them (de Souza Martins & Schneider, 2016). Another research conducted from Southern India by Shyny (2017) posits that parents are the core influencers on a child's life. They not only nurture the child physically but their styles of nurturance contribute to the growth of the child's psyche of specific interest. Childrearing is divided into different approaches which comprise of authoritarian, authoritative, permissive and uninvolved parenting styles. Authoritative parenting style consists of parents who are warm and close to their children. They listen and give room for negotiation. Authoritarian parenting style describes parents who don't give room for negotiation with their children. They are controlling and very strict as their word is final.

On the other hand, permissive parenting style portrays lenience to their children as they take a role more of a friend than a parent. Uninvolved parenting style like the word describes is absent or present but never involves him or herself with the concerns of the children. It is like saying each individual should mind his or her own business.

A cross-sectional review carried out in the Asian continent on the effects of parenting styles on behavioural problems in primary school children anticipated that negative childrearing characteristics, including harshness, abandonment, control, punitive punishment, and lack of support will possibly lead to succeeding child behavioral challenges such as substance use (Sangawi, Adams, & Reissland, 2015). Hence, this becomes as a wakeup call to the parents to employ constructive childrearing methods in training their children as the future generation is beneficial to a nation (Yasmin & Kiani, 2015). Yasmin and colleague say it is important to experience a healthy and constructive psychosocial growth, which empowers children to thrive in every field of life. Froiland and Whitney (2015) argue that the consequences of childrearing on behavioral development have been carefully investigated throughout childhood. Though limited research has been done indicating youths' perceptions of how familial factors influence their substance use (McLaughlin, Campbell, & McColgan, 2016). For this reason, further research on the long-term consequences of parenting methods beyond adolescence, particularly, youths need to be done. Therefore, the present study became fundamental to add knowledge on the limited information on the influence of parenting styles on substance use among the youth.

A cross-sectional study done in Europe with a sample of 3,172 middle-school youths found out that family relationships and parenting influenced youth substance use. Mothers who over control their children were found to be the strongest and most consistent associates of substance use regardless of adolescent's gender (Peña, Lorenzo-

Blanco, Perez, Morello, Arillo Santillan, Kollath-Cattano, & Mejia, 2017). Contrary to the above study, findings concluded by another research in selected rehabilitation centers in Cebu Malaysia, found that there was no substantial association between the type of parenting style and the degree of substance abuse among the residents in selected rehabilitation centers (Hock, Hindin, Bass, Surkan, Bradshaw & Mendelson, 2016).

Uninvolved parents give children a lot of freedom which is not accounted for. Often time's parents are absent and even if they are physically present, they have no business with their children. Uninvolved parents have a higher potential of rendering the adolescents to involve in risky behaviors in comparison to the other three parenting styles. This is because there is a lack of monitoring and supervision that can encourage children's self-regulation (Alhyas, Ozaibi, Elarabi, El-Kashef, Wanigaratne, Almarzouqi, & Al Ghaferi, 2015).

Similarly, studies were done from Africa, Odukoya, Sobande, Adeniran and Adesokan (2018) conducted a cross-sectional survey of 437 school borders in Nigeria and found out that unsupervised time was significantly associated with drug use. Correspondingly, inconsistent discipline of children and non-parental involvement played a role in adolescent substance use (Brewer, 2017). Similarly, Roman, Davids, Moyo, Schilder, Lacante, and Lens (2015) from South Africa describe parenting as the process through which a child acquires suitable and unsuitable behavior, experiences appropriate and inappropriate selections in decision-making, learns skills; comprehends roles and values of a community.

Substance use among youth is a noteworthy concern globally. Substance use refers to the use of licit or illicit drugs which includes substances such as cigarettes, alcohol inhalants, solvents and prescription drugs. According to the World Drug Report, (2018)

one in twenty adults among the ages of 15 and 64 years, abused at least one type of drug in 2014 globally. The commencement to destructive use of substances among youths is influenced by factors that are often out of their control. The parental and family functioning and socioeconomic levels can lead to adolescent's vulnerability to substance use. These factors vary between individuals and not all young people are equally vulnerable to substance use. As observed, peak levels of drug use among youths lie between ages 18-25 (World Drug Report, 2018). During human development, young adulthood is essentially a period of maturation and change (Bonnie, Stroud & Breiner, 2015). During this period of development, perceived parenting methods and parental conduct must have played an important role (Berge, Sundell, Öjehagen, & Håkansson, 2016).

Experimenting with drugs is viewed as normal among young people, with alcohol rating the highest figures among the substances consumed in several countries (de Souza Martins & Schneider, 2016). Early initiation of substance use by adolescents exposes them to higher risks of developing substance use disorders (Berge et al., 2016). Several college students and young adults in different parts of the world have challenges with heavy substance use and are at-risk for substance use disorders. A permissive parenting style and alcohol drinking are risk factors for alcohol abuse among late adolescents and young adults (Froiland & Whitney, 2015). Most young people experiment on drugs out of curiosity, for identity purposes and due to peer pressure. Unfortunately, it later progresses to harmful substances which leads to substance use disorders (Kanyoni, Gishoma, & Ndhindwa, 2015).

Research carried out in Kenya by Ndegwa, Munene and Oladipo (2017) quoted NACADA 2014 survey's indicating that 84% of youth aged 16-24 years were involved in drug abuse. Several researchers in Kenya have conducted studies on factors

influencing substance use among adolescents. However, there is limited information or research on factors influencing substance use among the youth, especially in rehabilitation or treatment centers. For example, Ndegwa et al., (2017) conducted a study examining factors linked to alcohol use among university students at Daystar in both Nairobi and Athi River campuses in Kenya. Their findings from a sample of 140 students indicated that age, gender, parental and peer use, year of study and place of residence, media, and accessibility to drugs predisposed them to drug use

Another study in Kenya conducted by Mwania and Njagi, (2017) in Embu County examined parenting styles as causes of drug abuse among public secondary school students. They found out that parenting styles accounted for 64.4% of students' drug abuse. According to NACADA (2015), about 200,000,000 people worldwide abuse drugs. Despite NACADA's and other stakeholders' interventions, drug abuse is on the rise, with over 30% of youth in Kenya using various types of drugs (Kipi, 2019). Gathumbi and Cheloti (2016) also agree that despite the governments' determination in fighting drug and substance use in Kenya, the problem instead is worsening. Therefore, with the latter challenges in curbing drug use in Kenya the researcher carried out the study to examine the influence of parenting styles on substance use among youths in treatment centers in Kiambu County.

Studies carried out on the influence of parenting styles on substance use have been concentrated on adolescents in secondary schools. However, there is limited information showing the causal factors among the youth who are recovering in treatment centers. The previous studies in Kenya were also done when counties were not in operation, therefore, necessitated this study to be done and fill the gap by

examining the influence of parenting styles on substance use among youths from treatment centers in Kiambu County.

1.3 Statement of the Problem

Constructive socialization is a requirement in the overall development of a child. It is heightened through the inculcation of attitudes, social norms and values gained through childrearing, peer relations and social connections. Shyny (2017) posits that parents are the core influencers on a child's life. They not only nurture the child physically but their styles of nurturance contribute to the growth of the child's psyche of specific interest. Studies that have been done indicate that inconsistent discipline of children and non-parental involvement played a role in adolescent substance use. Currently, substance use among youth has become a noteworthy concern globally. Several college students and young adults in different parts of the world have challenges with heavy substance use and are at-risk for substance use disorders. Kenya is not an exception of this menace that is being witnessed so often especially among students. Most young people experiment on drugs out of curiosity, for identity purposes and due to peer pressure. Unfortunately, it later progresses to harmful substances which leads to substance use disorders. Reports through Kenyan social media revealed that 500 students were arrested in a club in Eldoret after they were caught drinking and having sexual activities. Another similar case was found in Nairobi County during the school holidays. A group of 41 students from various high schools in Kirinyaga County were arrested and locked up in police stations as they were found drunk and having sex in a matatu they were travelling in (Nzioka, 14th February 2020). This is not an exception in colleges and universities where some drop out of college and end up in rehabilitation centers.

The Government of Kenya in recognition of the increased substance use enacted the Kenya Narcotic Drugs and Psychotropic Substances Control Act. Despite the intensive interventions by the Government of Kenya, the community and other stakeholders to control the problem of substance use in Kenya, the threat seems to be rising by the day. This raises a question; would it be parents have absconded their mandate? Or has the government failed to implement her laws? Given this situation, the nation of Kenya is in dilemma concerning the increasing and risky behaviors that continue to fuel the upsurge in substance use among youths. Previous researchers have concentrated their studies on general factors leading to substance use among students in secondary schools. No prevention programs seem to be working and hence the researcher was prompted to carry out this study to find a clear and primary cause that is influencing substance use among the youth. Kiambu County became an area of interest because it is one of the Counties that has established treatment centers for recovering addicts who are the subject of study. Therefore, the present study sought to examine the influence of parenting styles on substance use among youths from treatment centers in Kiambu County.

1.4 Purpose of the Study

The purpose of this study was to examine the influence of parenting styles on substance use among youths from treatment centers in Kiambu County.

1.5 Objectives of the Study

The following objectives guided this study:

- i. To establish the influence of authoritative parenting style on substance use among youths from treatment centers in Kiambu County.

- ii. To determine the influence of authoritarian parenting style on substance use among youths from treatment centers in Kiambu County.
- iii. To examine the influence of permissive parenting style on substance use among youths from treatment centers in Kiambu County.
- iv. To assess the influence of uninvolved parenting style on substance use among youths from treatment centers in Kiambu County.

1.6 Research Hypotheses

The following null hypotheses were tested at 95% confidence level.

HO₁: Authoritative parenting style has no statistically significant influence on substance use among youths from treatment centers in Kiambu County.

HO₂: Authoritarian parenting style has no statistically significant influence on substance use among youths from treatment centers in Kiambu County.

HO₃: Permissive parenting style has no statistically significant influence on substance use among youths from treatment centers in Kiambu County.

HO₄: Uninvolved parenting style has no statistically significant influence on substance use among youths from treatment centers in Kiambu County.

1.7 Significance of the Study

The results of this study could be used to put into place strategies to improve and benefit the parent's youth relationship in mitigating substance use. This improved relationship will give the youth an identity, involvement in decision-making and leading a constructive behavior. Findings may also help the Government of Kenya, NACADA and other shareholders to comprehend the current situation with substance use among youths in Kiambu County. This will enable them to initiate evidence-based interventions for addressing the fundamental issues that contribute to substance use

among the youth in the County. Among other things, it will enable them to take preventive and corrective measures towards the elimination of this menace by dealing with the drug barons, peddlers and others who are involved in initiating the youth into substance use.

Policymakers may benefit from findings by seeing the seriousness in implementing regulations and governance on substance use specifically for young people. They may also see the need to put up youth prevention programs in the counties to mitigate substance use. This is evident from the results received from the pilot study. Health professionals will realize the importance of integrating appropriate holistic interventions to cut down the use of substances. The study findings may also prompt the ministry of health either to integrate professional counseling services in hospitals so that the patients are holistically served especially those diagnosed with substance-related issues. The findings of the study may also add to the limited existing information on the influence of parenting styles on substance use among youths in other counties. Other scholars will use it to fill other existing gaps.

1.8 Scope of the Study

The study focused primarily on treatment centers in Kiambu County. These centers provide recovery services to individuals who have substance-related disorders. The specific areas of study were; the Wonderpeace rehabilitation center, Sober-living rehabilitation center, and Ahadi treatment center. The study made use of youths aged between 18-35 years. The study sought to examine the influence of authoritative parenting style, the authoritarian parenting style, permissive parenting style, and uninvolved parenting style on substance use among youths in the above treatment

centers. The study adopted a descriptive research design with purposive sampling. Site counselors who have never used substance were involved as key informants.

1.9 Delimitations of the Study

Delimitations are in essence the restrictions intentionally set by the authors themselves and are under their control. These serve as boundaries researchers decide to set as limits of their work so that the study's aims and objectives do not become impossible to achieve (Theofanidis & Fountouki, 2018). This study targeted the youth aged 18-35 years recovering from addictions at the Wonderpeace rehabilitation center, Sober-living rehabilitation center, and Ahadi treatment center in Kiambu County. This is because these were the targets of study and there is limited research information on the influence of parenting styles on the age group and substance use. There may be many factors influencing substance use among the youth like; availability of cheap licit and illicit drugs, peer influence, easy accessibility, but the researcher's concentration was on the influence of authoritative, authoritarian, permissive, and uninvolved parenting styles among youths.

1.10 Limitations of the Study

Limitations of any study concern potential weaknesses, shortcomings or conditions that the researcher has no control about but place restrictions on the methodology and conclusions (Theofanidis & Fountouki, 2018). The study instruments relied on self-reported data with limited triangulation. This study was cross-sectional and therefore cause-effect conclusions cannot be drawn from study findings. Limited accessibility to the sites due to the new norm COVID 19 forced the researcher to involve site counselors and supervisors to assist in the collection of data in one center.

1.11 Assumptions of the Study

The researcher assumed that: the target subjects understood the language that was used in the interview schedule and the questionnaires, and that these research instruments were reliable and valid. This research study assumed that authoritative parenting styles would not have a substantial association with substance use among youths. Another assumption was that the permissive parenting style would have a significant relationship with substance use among youths. Authoritarian parenting styles would have a significant relationship with substance use among youths. Uninvolved parenting style would have a significant relationship with substance use among youths from selected treatment centers in Kiambu County.

1.12 Theoretical Framework

This study was guided by Baumrind's theory that was pioneered by Baumrind in 1966. She researched on three parenting styles to describe normal parenting behavior that she categorized as; the authoritarian, authoritative, and permissive parenting styles (Kuppens & Ceulemans, 2019). Baumrind observed that preschoolers displayed markedly different types of behavior. She said that each type of behavior was highly associated with specific kind of parenting. Baumrind placed these parents into two dimensions that are responsiveness and demandingness. She further categorized the three kinds of parenting style to authoritative style which had a high receptiveness and high demandingness. This kind was outstanding in protecting their adolescents from risk behaviors and generation of competence. The Authoritarian style has low receptiveness and high demandingness while permissive style, is characterized by high receptiveness and low demandingness (Doinita & Maria, 2015) Uninvolved parents permit their children to actively participate without being concerned for their activities.

This kind of parents shows very low levels of involvement as well as strictness with their child hence involving in risky behaviors. Baumrind's theory purports that there is a close relationship between the type of parenting style and children's behavior. Different parenting styles can lead to different child development and child outcomes.

These styles were later revised to four parenting styles by Maccoby and Martin in 1983 by adding uninvolved parenting style. According to Kooraneh and Amirsardari (2015) agree that some behavioral problems in children are due to the defective relations of the family members and incorrect training methods by their parents. Positive parenting practices include parental warmth, honesty, continuous support, persistent monitoring, availability and setting of clear rules according to the age of the child. The approach parents take in raising their children is significant to their growth and the behaviors they will develop in the future (Raya, 2018). Therefore, when a child does not get the support needed in any stage of development, he or she is bound to look for support elsewhere. This may put the individual at risk of engaging in maladaptive behaviors like substance use. The concepts of this theory give a basis for the present study objectives in seeking to examine the influence of parenting styles on substance use among youths from treatment centers in Kiambu County.

1.13 Conceptual Framework

A conceptual framework is a tool that assists the researcher to elaborate knowledge and perception of the condition under examination and to communicate this. When expressed, a conceptual framework has a potential value as a tool to assist a researcher to make meaning of successive findings. It forms part of the scrutinized plan for negotiation and it is reviewed and improved as a result of investigation (Gregory, Lumpkin & Marley, 2005). Figure 1.1 shows the proposed study conceptual framework.

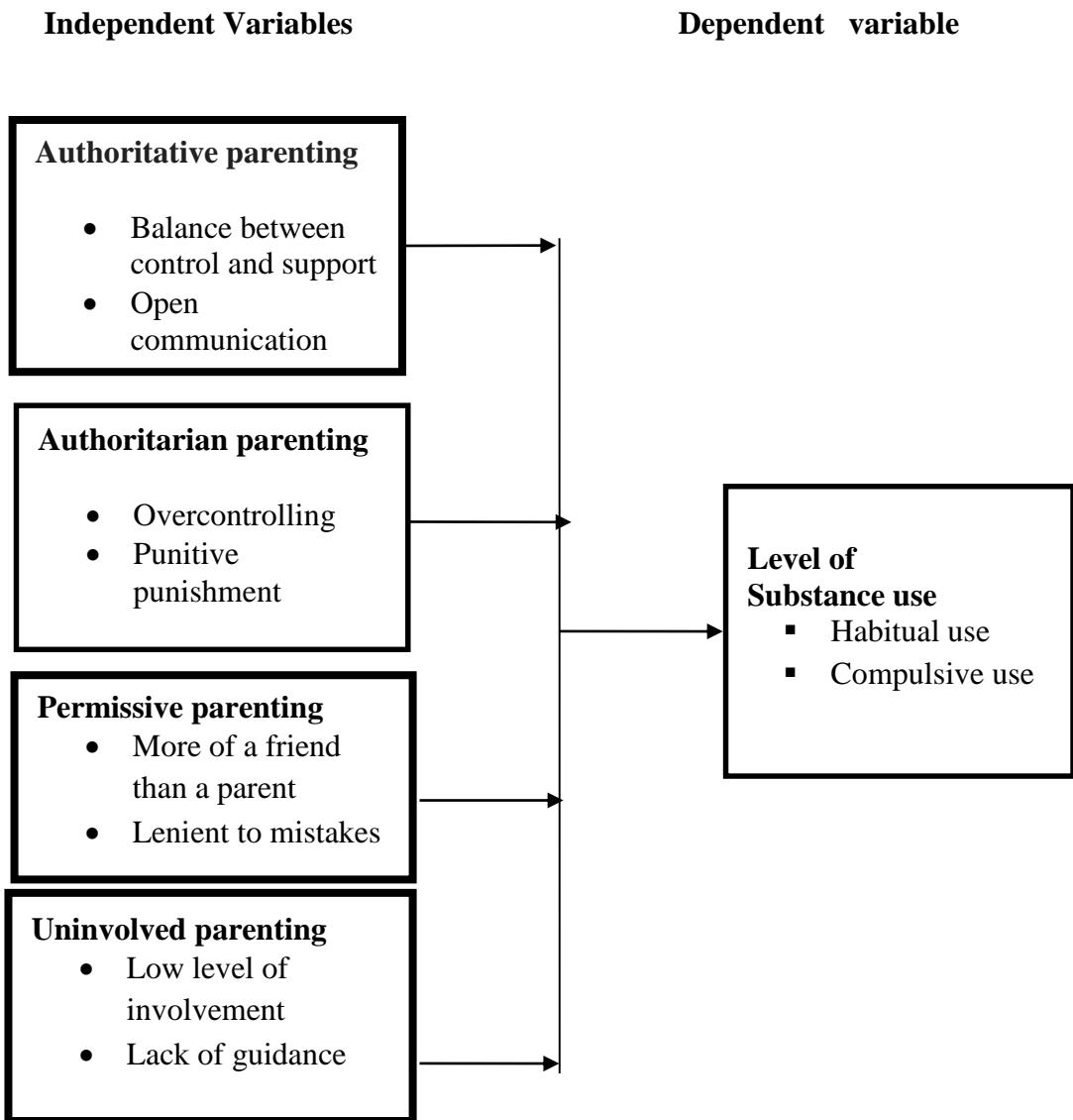


Figure 1:1 Conceptual framework showing the influence of parenting styles on substance use levels among the youth

According to Fig 1.1, the four independent variables were conceptualized to have a relevant and relative influence on the level of substance use. In other words, authoritative, authoritarian, permissive and uninvolved parenting styles were presumed to influence levels of substance use among youths in Kiambu County.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter looked at various literature reviews and empirical reviews of the study variables. The chapter concluded with a summary of the reviewed literature and research gap.

2.2 Review of Literature

Review of literature is an organized exploration of credited sources that involve recognizing paper and electronic sources applicable to one's topic and approaches (Hart, 2018). The researcher in this study intended to briefly describe organized documentation, location and analysis of documents covering information associated with the influence of parenting styles on substance use among youths. The empirical literature review was in accordance to the study objectives namely; To establish the influence of authoritative parenting style on substance use among the youth, to determine the influence of authoritarian parenting style on substance use among the youth, to examine the influence of permissive parenting style on substance use among the youth and to assess the influence of uninvolved parenting style on substance use among the youth.

2.2.1 Authoritative Parenting Style and Substance Use among the Youth.

Authoritative parenting upholds a balance between responsiveness and demandingness over their offspring. Responsiveness refers to the receptiveness and warmth, while demandingness refers to control of behavior (Yasmin & Kiani, 2015).

A study was conducted in the United Kingdom by McLaughlin et al., (2016) on substance use among adolescent in the family setting. The study used nine focus groups from sixty-two adolescents aged 13-17 through purposive sampling. The data were transcribed verbatim and analyzed using thematic analysis. The study's outcome was that effective parents led to constructive child development. Similarly, the present study employed purposive sampling of 36 participants but in a different category of participants aged 18-35 years from treatment centers in Kiambu County to establish the influence of authoritative parenting style on substance use.

According to King, Vidourek, Merianos, and Bartsch (2015), logistic regression analyses were performed in a study conducted in the US to examine the influence of parenting actions had on adolescent substance use at different ages. The outcome showed that a lack of constructive parenting behaviors increased the odds of youth who had reported alcohol use and binge drinking across all ages. The three types of parenting were found to influence youths' substance use. The present study sought to establish the influence of authoritative parenting style on substance use among youths in a different geographical site that is from treatment centers in Kiambu County.

A team of researchers, Berge et al., (2016) in their longitudinal cohort study of 1268 adolescents on the role of parenting styles and substance use among adolescent found that parents who discussed with their children were most successful in urging their children to desist from drugs. The youth undergoing treatment at treatment centers in Kiambu County take a period of three months before exiting the program, hence, this study adopted a descriptive research design to establish the influence of the authoritative parenting style on substance use among the youth. The participants at these treatment

centers were college students and college dropouts compared to participants in a study conducted by Berge and colleagues.

Another longitudinal health and nutrition survey done in the Philippines concluded that authoritative mothering was related to decreased odds of sons' drug use. Neglectful fathering was linked to increased odds of daughters (Hock et al., 2016). The current study aimed at using descriptive research design to establish the influence of authoritative parenting style on substance use among youths from treatment centers in Kiambu county.

Findings from one of the reviews in South Africa on parenting behavior and its consequences on drug behavior showed that authoritative parenting styles were related to the declined risk of drug use. However, findings remain unpredictable across cultures and societies. The study recommended that future exploration of the inconsistent reports, specifically the contradictory result between the races should be done (Ngamije & Yadufashije 2017). Hence, the present researcher intended to add on the previous knowledge by conducting a study on the influence of parenting styles on substance use among youths in Kiambu County in Kenya.

2.2.2 Authoritarian Parenting Style and Substance Use among the Youth

Studies were done in Europe and the US observed that family relations and parenting conduct predisposed youths to substance use. Among Argentine adolescents, over controlling mothers were found to be the strongest and most reliable associates of substance use, irrespective of adolescent substance use behavior or gender (Peña et al., 2017)

Research carried out at the University of Southern Mississippi by Brewer (2017) with at-risk male population indicated that more positive parenting behaviors and fewer negative parenting behaviors correlated with less substance use and related problems among at-risk adolescents. Data collection was done via computerized surveys. A diverse sample of 255 adolescent boys was used. The results of the above study had a similar significance with the present study of implementing approaches to enhance child-parent associations and lessen adolescent substance use.

According to Hartman, Patock, Corbin, Gates, Leeman, Luke, and King (2015) in their study on primary and secondary links between parenting styles, lack of self-disclosure and impaired control over drinking, found out that authoritarian mothers were indirectly associated to both uncontrolled alcohol use and alcohol-related problems through lack of self-disclosure and impaired control over alcohol consumption. Higher levels of authoritative fathers were indirectly associated with less alcohol consumption and alcohol-related challenges through less self-disclosure and decreased impaired control over drinking. The researchers examined 419 university students with the help of a structural equation model. The present study utilized the Pearson correlation to analyze the relationship between variables and the use of substances to form the basis for rejecting or accepting the null hypothesis.

Other researches indicate that when parents maintain healthy and open communication with their children risky behaviors will reduce (Schofield, Conger,& Robins 2015). Schofield et al., (2015) conducted interviews with a sample of 674 children of Mexican origin and trained observers rated parental monitoring from video-recorded family interactions at the first assessment. Data were analyzed by the help of Mplus Version 6 to estimate a series of structural equation models. Model fit was assessed by employing

a standard chi-square index. The results were that Parental monitoring moderated the reciprocal association between involvement with deviant peers and both intent to use ATODs. The present researcher utilized the youth reported perceived parenting styles to draw the study conclusion.

A study conducted in Nigeria concerning substance use among senior secondary schools students and parenting styles observed that authoritarian parenting is restrictive with no room for negotiation and explanation with their children. (Onukwufor & Anwuri, 2017). A correlation research design was adopted with a population of 12000 students in thirteen public secondary schools. The researchers employed questionnaires to collect data. The result showed no significant association between authoritarian parenting style and substance use among senior secondary school students. The research suggested among other factors that counselors, parents, teachers, and all those involved in character development should be parents who have a balance of both demandingness and responsiveness over their children. The present study will involve a small population of 100 recovering addicts from three treatment centers in Kiambu County.

A study done in Uganda showed that an authoritarian parenting style where parents exert control while lacking warmth and support was found to increase the risk of adolescent drug and substance use behavior. This study had contrast with findings by Asimwe (2018) which indicated that an authoritarian parenting style was found to be negative and not significantly related to substance abuse. Mathialagan and Teng (2017) showed that the strength of association between authoritarian and alcohol consumption among college students was weak but had a significant positive relationship. Children of authoritarian parents appear to be strictly following rules, highly obedient but lacked joy in their lives. Research on the authoritarian and permissive styles was inconclusive.

Hence the need to carry out this study was to determine the influence of authoritarian parenting style on substance use among the youths from treatment centers in Kiambu County.

2.2.3 Permissive Parenting Style and Substance Use among the Youth

Permissive parents display warmth and fewer defectiveness with less chastisement and seem to be more compliant with the needs of their children. This form of parenting lacks structure for children and instead depicts more receptiveness and tolerance with their children's desires without setting appropriate restrictions. These kinds of children end up with high self-esteem; however, they are at risk of substance use, and often display maladaptive behaviors and display a lack of self-discipline (Roman, Makwakwa & Lacante, 2016). Permissive parenting style and parent alcohol use are risk factors for substance use among late adolescents and the youth (Froiland & Whitney, 2015). This study was conducted in the US to examine the indirect relations between permissive parenting and alcohol use. Parental Authority Questionnaire, (PAQ) and Alcohol Use Identification Test (AUDIT, 2nd edition) were employed to collect data. The Structural Equation Modeling was used to analyze the structural relationship between permissive parenting and alcohol use among college youth aged between 18-23 years. Results showed permissive parenting had an association with high alcohol intake by college students.

A cross-sectional epidemiologic study conducted in Brazil with a sample of 3891 students adopted questionnaire adapted from the WHO's and Coppersmith Self-Esteem Inventory to collect data. The results highlighted permissive mothers to be linked to longtime substance use. A future recommendation was made on preventive strategies to avoid the first initiation of substance use, family relationships approach, and

improving students' self-esteem (Bitancourt, Tissot, Fidalgo, Galduróz & Silveira Filho, 2016).

Exploratory research done in South Africa concerning an experience of bringing up an adolescent abusing substance reported that 67% of patients in the treatment had used alcohol as a primary drug of choice. The study indicated that parenting experiences and adolescent substance use were a neglected topic globally. Data was collected through semi-structured interviews using the interview guide. Participants included four patients from the rehabilitation and four single parents. Healthier childrearing was acknowledged as major precedence that needed to be undertaken to enable community members to fight substance abuse among the youth. The results indicated in this study suggested that there was a need for strategies that would promote father participation and involvement in their children's health (Kalam & Mthembu, 2018). The present study sought to add the missing knowledge and contributed to the recommendations made in the above two studies.

2.2.4 Uninvolved Parenting Style and Substance Use among the Youth.

Parenting styles that embrace inconsistent discipline, low parental participation, and poor monitoring of adolescents can lead to teens having substance use disorders and depression (Odukoya et al., 2018). A longitudinal cohort study was done in Sweden among 1268 adolescents by Berge et al., (2016) indicated that uninvolved parenting style was related to worsening substance use outcomes among adolescents. The study was conducted from a sample of adolescents and their parents from 21 Swedish junior high schools. Logistic regression was used to analyze the relationship between variables. A modified version of parental monitoring practice scale and the Youth Risk Behavior Surveillance System (YRBSS) questionnaire was utilized. Independent T-

tests and logistic regression models were used to assess the relationship between parental monitoring practices and substance use. The results indicated an overall prevalence of the use of any of the substance was 21.7%. Negotiated unsupervised time was significantly associated with the use of alcohol ($P < 0.05$), marijuana ($P < 0.05$) and cigarette smoking ($P < 0.05$).

Alhya et al. (2015) did a qualitative study in Abu Dhabi using focus group discussions to gain a wider comprehension of the adolescents' attitudes and perceptions concerning substances and to classify factors that, in their view, may influence the risk of substance use and suggest possible interventions. The parent-adolescent relationship came out as one of the three themes that influenced drug use among adolescents between 13-18 years. The present study went beyond the studied developmental age.

Similarly in Morocco, Africa, El Kazdouh, El-Ammari, Bouftini, El Fakir and El Achhab (2018) conducted a qualitative study in which both focus group discussions and semi-structured interview guides were utilized to collect data from students, parents, and teachers' perceptions regarding substance use risks and protective factors influencing substance use among adolescents. The thematic analysis helped analyze the audio-recorded, transcribed data. The present researcher interviewed the youths who were already in treatment to assess whether the parenting styles influenced their risky behavior.

A descriptive research study conducted by Mwania and Njagi (2017) in Embu County Kenya, explored on parenting styles as indicators of substance use among public secondary school students. The study involved a population of 8820 students from 132 secondary schools. The researchers employed purposive sampling to get a sample of 15 schools. Systematic random sampling and stratified random sampling were used to

select participants. The reliability of instruments was calculated and an average Cronbach alpha (α) of $\alpha=0.82$ was reported for parenting styles questionnaires and 0.78 for risky behaviors. Multiple linear regression showed that parenting styles significantly predicted drug abuse among secondary school students and parenting style accounted for 64.4% of students' drug use. One of the recommendations made by the researchers to the government was to train parents on how to manage drug abusive children. That became one of the significances of the present study that the researcher intended to achieve through assessing the influence of parenting styles on substance use among youth from treatment centers in Kiambu County.

2.3 Summary and Research Gap

The researcher reviewed literature from global, regional to local perspectives in line with the study objectives. Unlike the proposed study, most of the reviewed studies (McLaughlin et al. 2016; Berge et al. 2016; King et al., 2015)) and others had their focus on substance use among adolescents in schools in association with parenting styles. As noted by Onukwufor & Anwuri, (2017), they established that students of permissive parents drank more beer and portrayed with substance use disorders. The present study focused on youths from treatment centers in Kiambu County. However, the few studies that focused on the youth aged 18-35 years (Odukoya et al., 2018; Hartman et al., 2015; Mathialagan and Teng 2017; except Chege et al., 2019) and others showed a relationship between parenting styles and substance use. Most studies used questionnaires targeting both their participants and parents (Froiland & Whitney, 2015; Onukwufor & Anwuri, 2017), while the present study employed both interview schedule and questionnaires to assess the influence of parenting styles on substance use among youths from treatment centers in Kiambu County from the targeted subjects.

Based on the findings concluded by the research in selected treatment centers in Cebu Malaysia, there was no substantial association between the type of parenting style and the level of substance use among the residents in the selected rehabilitation center (Hock et al.,2016). Thus, the findings from such studies cannot be assumed to hold for youths in treatment centers for Kiambu County because there was limited information on substance use among youths in rehabilitation centers in Kenya. On the other hand, pieces of research have been done on the role of parents in influencing the future of their children, however, further research was required to find out the role of parents and different childrearing methods on the future children's behaviors. Therefore, this study sought to examine the influence of parental styles on substance use among youths from treatment centers in Kiambu County.

Some of the qualitative studies, (McLaughlin et al., 2016; Alhya et al., (2015) analyzed their data by use of thematic analysis while others like (King et al.,2015; Berge et al., 2016; Mwania and Njagi, 2017) used logistic regression analyses. Froiland & Whitney, 2015 used Structural Equation Modeling. The present study will use SPSS and TA to analyze collected data through interview schedule and questionnaires.

Recommendation for future studies by (Kalam & Mthembu, 2018; Bitancourt, Tissot, Fidalgo, Galduróz & Silveira Filho, 2016) was to do comprehensive research on appropriate strategies to improve the child-parent relationship and preventive programs to mitigate substance use among youths. This concurs with the present study's recommendation.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

The focus of this chapter is on the methodological procedure that enabled the researcher to examine the influence of parenting styles on substance use among youths from treatment centers in Kiambu County. This chapter was important because it gave a preview of the methods that were employed to achieve the proposed study. Therefore, the chapter had the following sections; the description of the research design and the rationale for using it, the description of the study site and the units of analysis, the target population and sample size and sampling techniques, data collection and analysis, pilot testing, validity and reliability of data collection instruments, and legal and ethical consideration.

3.2 Research Design

A descriptive research design was adopted for this study. A descriptive research design was the best design because it used an extensive variety of qualitative and quantitative approaches to examine the variables. Qualitative research was utilized because it was a method that allowed one to investigate people's experiences in detail by using a specific set of approaches methods such as interview schedules (Hennink, Hutter, & Bailey, 2020). The units of analysis in this study were the four parenting styles; authoritative, authoritarian, permissive and uninvolved. The advantage of qualitative research was that it elicited deeper understandings into administering, designing, interpreting assessment and testing, exploring test-takers' feelings, conduct, perceptions and understanding (Rahman, 2017).

3.3 Research Site

The research study was carried out at treatment centers in Kiambu County namely; Wonderpeace rehabilitation center, Sober-living rehabilitation center and Ahadi treatment center. The reason for choosing these sites was because it was not possible to cover the whole of Kiambu County due to geographical proximity and limited time. Another reason is that there is an overwhelming substance use among youth from the region. And as a result, many treatment centers are being opened to cater to those who are hooked into drugs and substances. Therefore, the findings gave a general view of the situation on the ground.

3.4 Target Population

Population refers to all elements, individuals or objects having similar observable characteristics of the study (Creswell, 2019). The target population for this study constituted all participants who met the criteria of selection from Wonderpeace rehabilitation center, Sober-living rehabilitation center, and Ahadi treatment center in Kiambu County. The target population was 120. The participants comprised of 100 youths recovering from substance use and 20 counselors aged 18-35 years from the three centers. The counselors offer psychological counseling to both the recoveries and family members, hence have a picture of past parental care of their clients.

3.5 Study Sample

A sample is a subcategory of the target population which is used to generate the essential data for the study (Creswell, 2019).

3.5.1 Sampling Procedure

This study employed purposive sampling to sample youths who were recovering from substance use and the counselors aged between 18-35 years from the treatment centers. Purposive sampling was used because its emphasis is on specific characteristics of a population that is being studied. It enabled the researcher to confirm study hypotheses. Random sampling was utilized to select participants at the three centers. The first phase involved carrying out psych education with the participants and the counselors to make sure they understood what was needed. The second phase involved the filling of the questionnaires and receiving feedback from the interview schedules carried out on the youths recovering from substance use on each study variable. The third phase that the researcher dealt with was the counselors who have never used substances. Both categories were in the age bracket of 18-35 years.

3.5.2 Study Sample Size

The study used purposive sampling to select 30% of the target population. The sample size was 36 participants from the three centers. A sample size of 30% is a good representation of the target population (Cooper & Schindler, 2011).

3.6 Data Collection

The study employed four data collection instruments: general information questionnaire, DAST, a modified parenting style four-factor questionnaire (PSFFQ) and interview schedule.

3.6.1 Data Collection Instruments

The youths' socio-demographic information was collected using a general information questionnaire. DAST screening tool was used to assess substance use levels among the youth. The study also utilized a modified PSFFQ to measure parenting styles as perceived by the youths on the four types of parenting. The PSFFQ consisted of 16 Likert type items, four for each parenting style. The youth needed to respond on a four-point scale as strongly agree, agree, disagree and strongly disagree. The score was four to one. Interview schedule with open-ended questions was conducted to gather various perceptions regarding parenting styles from all participants. Correlation analysis was used to test the relationship between variables and substances used to form the basis for rejecting or accepting the null hypothesis. Section A gathered demographic information, section B sought information on the level of substance use, section C focused to collect the youth's perception of their parents perceived parental conduct.

3.6.2 Pilot Testing of Research Instruments

Creswell (2019) posits that it is important for a researcher to assess instruments before using them to ensure their reliability, validity and practicability. Therefore, re-testing was done to ascertain the trustworthiness of the instruments by testing the precision of language, time is taken to respond, the process of administering, length, and layout of instruments. Participants who took part in the pilot study did not take part in the actual data collection exercise. Random sampling was done to choose 10% of the sample size of 36 participants. Hence, 4 participants were involved in pilot testing. These participants were youth who were recovering from substance use at the Retreat treatment center. The participants were guided into understanding the questionnaires

and interview schedules. The pilot study was crucial in filling any gaps or correcting any errors that might have been contained in the interview schedules and questionnaires.

3.6.3 Pilot Test Results

The pilot testing enhanced validity in the instruments used in carrying out the research. Each item was evaluated to ensure they are relevant to the objectives of the study. Additionally, Cronbach's alpha was used in the testing of reliability and this was done using SPSS version 24. 0-1 is the range of alpha coefficients that are used in the description of the reliability. Strong reliability is enhanced by having higher values. 0.7 is the most appropriate reliability coefficient (Cooper and Schindler, 2008). For this study, the alpha coefficient was more than 0.7 and this made the researcher conclude that the research instruments were reliable. The reliability statistics for the study variables are presented in Table 3.1

Table 3.1: Reliability Results

Variable	Cronbach's Alpha	Items
Authoritative parenting	0.73	1
Authoritarian parenting	0.75	1
Permissive parenting	0.77	1
Uninvolved parenting	0.79	1

Source: (Gatune, 2020)

3.6.4 Instrument Reliability

Reliability describes the degree to which all the items in a test measure the same concept (Tavakol & Dennick, 2011). The reliability of the study's measuring instrument was assessed using Cronbach's alpha coefficient which is an estimate of internal consistency. It is suitable for items that do not have right or wrong answers such as on

a Likert scale. A Cronbach alpha value of 0.7 is an acceptable level of reliability in a data collection instrument. Additionally, the higher the Cronbach alpha value, the more reliable an instrument is in capturing research information. A coefficient of more than 0.7 was obtained, and hence qualifying the instrument in the study as reliable.

3.6.5 Instrument Validity

A research instrument is only considered valid if it is reliable (Creswell, 2019). The validity of this study's research instrument was evaluated through the pilot study of respondents of the same characteristics at the Retreat treatment center. The respondents were between 18 and 35 years. Pilot testing enabled the researcher to check whether the study instruments were in line with the given study objectives. This instrument was given to the expert for content validity check. The questionnaire was availed to the two supervisors assigned to the researcher to review the instruments. The positive feedback was given to the expert and the supervisors enhanced the research instruments before embarking in data collection. The results from the piloting together with the comments from the supervisors were unified in the final instrument revisions to ensure its validity.

3.6.6 Data Collection Procedure

The researcher contacted the treatment centers administration informing them about the intended study. After permission was granted the researcher carried out psychoeducation on what was required with the participants. The participant consented orally to participate in filling the questionnaires and interview schedule. The researcher purposively identified the participants at the three centers and gave clarity to the area of discussion. The researcher obtained individualized consent before conducting interviews one on one as the trained counselors assisted in administering drug assessment test by use of DAST screening tool at each treatment center. At the end of

the activity, the data collection instruments were checked for completeness and numbered as a form of identity during the data entry. Responses in all the questions were assigned numeric values to be used when entering the data.

3.7 Data Analysis

Thematic analysis (TA) was employed to classify forms of meaning across a dataset that responded to the research question addressed. Statistical Package for Social Science (SPSS) version 24.0 helped analyze collected data and then presented in frequencies and percentages and summarized in tables and figures. Correlation analysis was used to test the relationship between variables and substance use to form the basis for rejecting or accepting the null hypothesis.

3.8 Legal and Ethical Considerations

In consideration of legal and ethical requirements, the researcher sought permission from relevant parties before data collection. The researcher was granted permission from Africa Nazarene University (ANU) research board and National Commission for Science, Technology and Innovation (NACOSTI). The researcher also sought permission from the management of the treatment centers for data collection. The researcher explained the purpose (transmittal letter) and benefits of the research study to participants and the reason behind selecting the given target participants. Clarity was made to participants that participation in the research questionnaires and interviews was voluntary; and that they had the right to withdraw from the study at any time. Hence, the participants participated out of their own will. The participants were assured of the confidentiality of the collected information, which was to be used for the research only. Pseudonyms were used to hide the real names of participants when quoting their statements.

CHAPTER FOUR

DATA ANALYSIS AND FINDINGS

4.1 Introduction

This chapter discusses the results and analysis of the data collected in this study. The study aimed at assessing the influence of parenting styles on substance use among youths from treatment centers in Kiambu County. The study objectives were to establish the influence of authoritative parenting style on substance use among youths, to determine the influence of authoritarian parenting style on substance use among youths, to examine the influence of permissive parenting style on substance use among youths, and to assess the influence of uninvolved parenting style on substance use among youths from treatment centers in Kiambu County. The analysis discussed within this chapter involved the use of descriptive statistics which included percentages, means and frequencies. General information was analyzed by descriptive analysis while correlation analyses were used to establish the relationship between variables and substances use.

4.2 Response Rate

The sample size targeted 36 respondents. The participants were from three treatment centers namely: Wonderpeace rehabilitation center, Sober-living rehabilitation center, and Ahadi treatment center in Kiambu County. 36 respondents formed the response rate hence representing 100%. The response rate was valid as this was in line with Mugenda and Mugenda (1999) whose argument is that any response rate of 50% is good for analysis. 70% forms an excellent analysis and for this study, 100% indicated was excellent and this was enough for making good conclusions and interpretations. 50% is the minimum value recommended for statistical analysis as a response rate (Bryman & Bell, 2007). The rate of response in the study is summarized in Table 4.1.

Table 4.1: Response rate

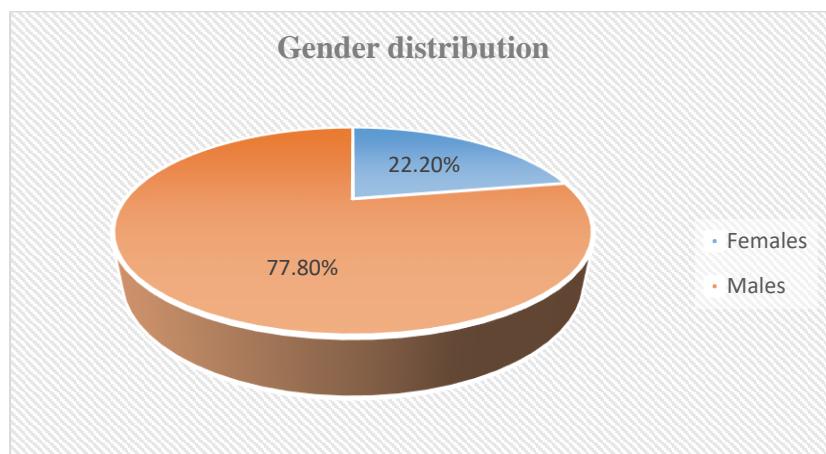
Questionnaires	Frequency	Percent (%)
Response	36	100%
Non-response	0	0
Total	36	100%

4.3 Demographic Information

The study found it necessary to analyze the demographic information of respondents, which formed the basis under which some of the interpretations were made. The respondent's information was generated from the data collected in this study and this involved analyzing the influence of parenting styles on substance use among youth from selected treatment centers in Kiambu County in Kenya. The section indicated below provide the information for the respondent including the gender, age, level of education, marital status, occupation and the persons the respondent lived with outside the school.

4.3.1 Gender of Respondents

The researcher sought to establish the gender distribution of the respondents. The findings are presented in figure 4.1

**Figure 4.1: Gender of the respondents**

In reference to Figure 4.1, majority of the respondents in the treatment centers were male who constituted (77.8%) while female constituted (22.2%) from the study. This

showed that the treatment centers in Kiambu County were dominated by males. However, both genders were represented in the study.

4.3.2 Age Bracket of Participant

The researcher also established the age distribution of the respondent. The results obtained are presented below in Table 4.2

Table 4.2 Age distribution

Age	Frequency	Percentage
18-23 years	13	36.2%
24-29 years	16	44.4%
30-35 years	7	19.4%
Total	36	100%

According to the results obtained in table 4.2, the highest percentage of the participants (44.4%) were aged between 24-29 years. Thus, over 40% of the youth in treatment centers were within 24-29 years age bracket, implying that majority were in colleges and universities. Additionally, 18-23 years was represented (36.2%) 30-35 years were (19.4%) of the respondents representing the least number of respondents.

4.3.3 Level of Education

The researcher sought to establish the level of education of the respondents. The findings are presented in figure 4.2.

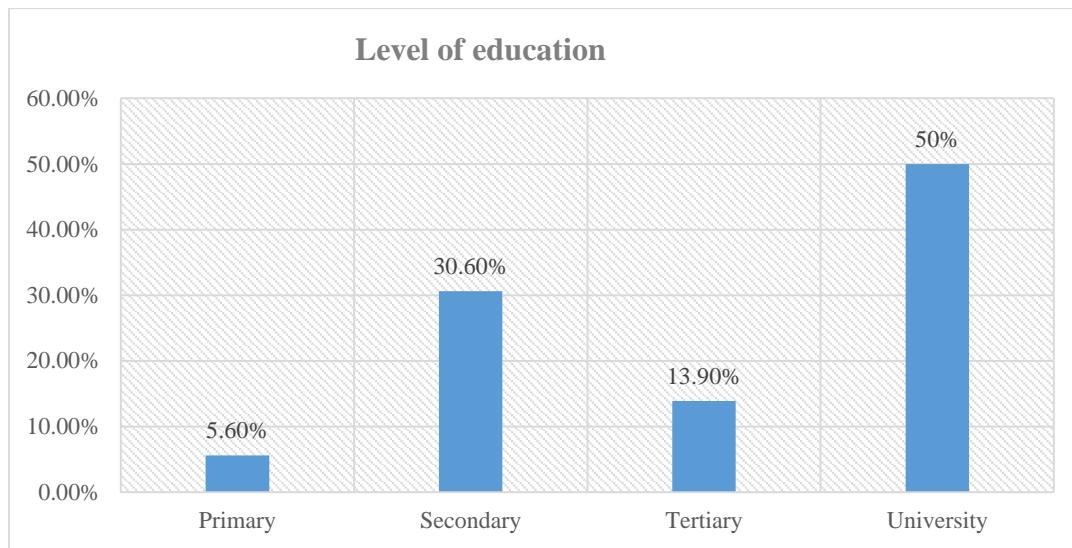


Figure 4.2: Level of education

As evident in Figure 4.2, (50%) of the respondents had attained university education which formed the majority number of the respondents. From the graph (30.6%) of the respondent had attained secondary education while (13.8%) of the respondent had attained a tertiary level of education. Only (5.6%) of the respondent had attained only primary education. This is a clear indication that the study was well represented in terms of education level

Table 4.3: Persons the respondent lived with outside school

Person	Frequency	Percentage
Mother	11	30.5%
Father only	3	8.3%
Guardian	1	2.8%
Both parents	20	55.6%
Friends	1	2.8%
Total	36	100

The researcher found out the persons that the participants lived with outside the school. The findings indicated that (55.6%) of the respondents lived with both parents when they are outside the school while (30.5%) lived with their mothers. (8.3 %) of the respondents lived with their fathers only. Only 1(2.8%) of the respondents lived with

their guardian and friends. None of the respondents lived with their siblings without parents. This meant that most of the respondents lived with one or both parents. Therefore, the majority of the respondents had experience in parenting styles.

4.3.4 Marital Status

The researcher sought to find out the marital status of the respondents. The marital status of an individual goes with a certain level of responsibility particularly in providing for their family. An individual with little family responsibilities is more likely to engage in substance abuse than those with family responsibilities. Findings are shown in Figure 4.3.

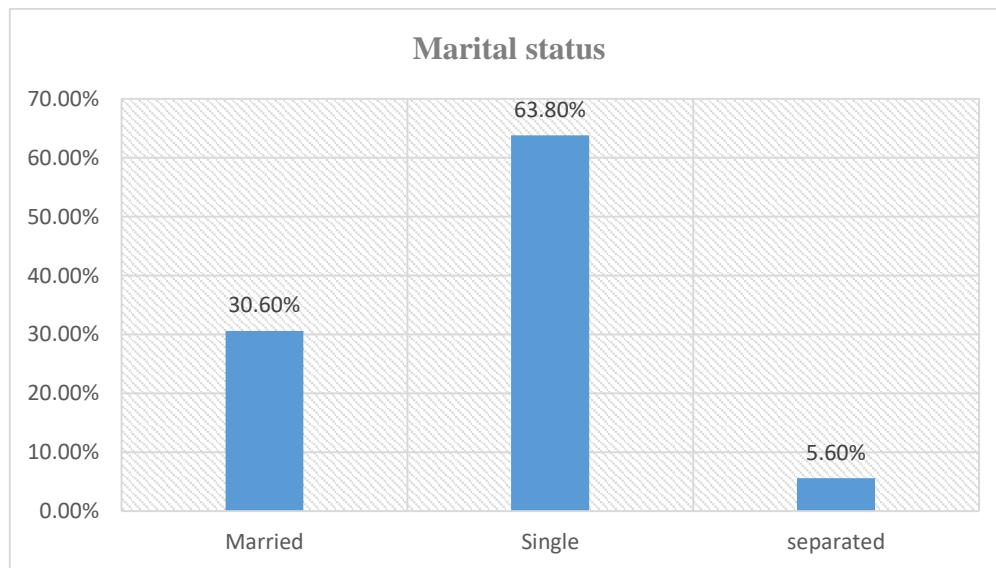


Figure 4.3: Marital status

In reference to Figure 4.3, the findings indicate that (63.8%) of the respondents were single which formed the majority number of the respondents. Those that were married were (30.6%) respondents. Only (5.6%) of the respondent were separated. None of the respondents was divorced or widowed. This meant that the majority of the youth in treatment centers in Kiambu County were single with fewer family responsibilities leading them to substance abuse.

4.4 Participants' Perceived Parental Behaviors

The objectives of the study were to assess the influence of parenting styles on substance use among youths from selected treatment centers in Kiambu County, Kenya. To achieve the objectives, the study analyzed quantitative and qualitative data from the respondents' questionnaires, who were essentially the selected youths recovering from substance use and the counselors' interview schedule. The questionnaire had a set of statements in the form of a Likert scale where the respondents indicated the extent to which they agreed or disagreed with the statements. The questionnaire responses were coded such that to 'Strongly Agree' was rated number 4; to 'Agree' number 3; to 'Disagree' number 2; while 'Strongly Disagree' number 0. The statements mean responses were computed such that: 1 to 3.4 was considered as to a 'disagree' while 3.5 to 4 was considered as 'Agree'.

The characteristics of the responses that were received are presented in the following subsections under each variable.

4.1 4 Influence of Authoritative Parenting Style on Substance Use

The first objective was to establish the influence of authoritative parenting style on substance use among youths from treatment centers in Kiambu County. The results are indicated in table 4.4.

Table 4.4. Authoritative Parenting Style

Statements	4	3	2	0	Mean	S.D
My parents are warm and nurturing	-	-	93.7%	6.3%	2.06	.243
I am involved in decision making about my life	-	3.8%	25.9%	70.3%	2.32	.532
My parents are open to communication	-	4.3%	71.4%	24.3%	2.33	.577
My parents spend time with me	-	-	88.6%	11.4%	2.11	.318

n= 33 (respondents)

Key: (4) -Strongly Agree (3) – Agree (2) – Disagree (0) - Strongly disagree.

Findings from Table 4.4 indicate that the highest percentage of the participants (93.7%) disagreed that their parents are warm and nurturing with a standard deviation of 0.243 and mean of 2.06. Only 6.3% strongly disagreed. Further, the result showed that the highest percentage of the participants (70.3%) strongly disagreed that they are involved in decision making about their lives with a standard deviation of .532 and a mean of 2.32. (71.4%) disagreed that their parents are open to communication with a mean of 2.33 and a standard deviation of .557. Only (4.3%) of the respondents agreed. Finally (88.6%) disagreed that their parents spend time with them. The mean was 2.11 and a standard deviation of .318. The findings indicated that the majority of the youth recovering from substance use from the treatment centers in Kiambu County lacked authoritative parenting in their up-bringing. Authoritative parenting implies that parents are likely to be closer and more concerned about what their children do. Therefore, children are likely to desist from substance use.

The study also sought to find out the relationship between authoritative parenting and substance use. This was achieved by carrying out the Pearson correlation analysis between authoritative parenting and substance use. Results of this correlation were as presented in table 4:5:

Table 4.5: Relationship between Substance Use and Authoritative Parenting

		Authoritative parenting
Substance use	Pearson Correlation	0.232
	Sig. (2-tailed)	**0.421
	N	36

Correlation is significant at the 0.05 level (2-tailed).

The results in table 4.5 show that there was no significant relationship between authoritative parenting and their children's substance use $r=0.232$, $p=0.421$. This means authoritative parenting does not influence children substance use. Therefore, we do reject the null hypothesis and conclude that authoritative parenting has no significant influence on substance use among the youth.

Children who are raised under authoritative parenting are more likely to desist from drug abuse. This concurs with Hock et al., (2016) who found out that authoritative mothering was related to decreased odds of sons' drug use. Neglectful fathering was linked to increased odds of daughters. Therefore, we do reject the null hypothesis and conclude that authoritative parenting has no significant influence on substance use among the youth.

One of the respondents from Sober Living rehabilitation Centre said during the interview:

When I had issues, my parents gave me room to discuss my problems. They corrected and accommodated me even after doing wrong. They praised me every time I achieved something and had confidence that I would be great in the future. I don't blame my parents, I engaged in drug abuse due to peer

pressure in school. (George, 24 years old, not his real name due to agreed confidentiality).

While responding to the question on whether there were indications that they had a warm and close relationship with their parents, some respondents from other treatment centers indicated that sometimes their parents were indeed concerned about their children. The respondents testified that their addiction and substance use was as a result of their own choices. This is what another respondent from Wonderpeace rehabilitation center recounted:

My parents and my father, in particular, provided all that I needed. They always kept track of my progress in terms of studies and the kind of friends I walked with. They always encouraged us to discuss issues openly and friendly. In addition, they always wanted us to grow up while upholding Christianity moral and values. I only began abusing drugs when I joined the university, I am thinking of getting to mingle with different students from different backgrounds made me find another kind of life. I came to realize that I cannot get out and it is my parents who have brought me here to get help. (Mary, 27 years old, not her real name)

A counselor from Ahadi treatment center stated that:

I remember seeing my father at 6 pm most of the evenings checking on my sisters, brothers and I so that he could have a family meeting and also to do our assignments and watch T.V. Our parents ensured we were right home before dusk. They had explained to us that getting late there were negative things that could happen to us. This may have helped some of us not to engage in risky activities like taking drugs. (Counselors 3).

The respondents thought that parents' concern about their children was imperative in ensuring that children desist from substance use. This is a clear indicator that keeping away from their children does not help. A parent should get close to their children to discuss their concerns, needs and personal challenges. The respondents also stated that there was a need to create a favorable environment with warmth, nurturing, encouragement and open communication. Consequences of negative behaviors should also be discussed instead of shielding or avoiding to talk about it fearing that if parents talked about substance use or sex their children will experiment in the. Some of the

respondents also included the importance of religious values in their ensuring children avoided substance abuse

4.4.2 Influence of Authoritarian Parenting Style on Substance Use

The study established the extent to which authoritarian parenting influenced substance use among youths from treatment centers. The results are indicated in Table 4.6

Table 4.6. Authoritarian parenting Style

Statements	4	3	2	0	Mean	S.D
Forceful and punitive discipline to disobedience	19.6%	80.4%	-	-	3.86	.395
My parents are critical to every effort I make	1.2%	83.9%	14.9%	-	3.52	.393
My parents are controlling	18.0%	78.0%	4.0%	-	3.97	.550
Parents' word is final	11.4%	88.6%	-	-	3.71	.359

n=35 (respondents)

Key: (4) -Strongly Agree (3) – Agree (2) – Disagree (0) - Strongly disagree.

As evident from Table 4.6 above, (80.4%) was the highest percentage of the respondents and they agreed that their parents utilized forceful and punitive discipline for disobedience with a standard deviation of .395 and a mean of 3.86. (19.6%) strongly agreed on the same. Also, the majority (83.9%) of the respondents agreed that their parents were critical to every effort they made. This was indicated by a standard deviation of .393 and a mean of 3.52. A small percentage of 1.2% strongly agreed that while 14.9% disagreed that their parents were critical. A high percentage of the participants (78.0%) also agreed that their parents were controlling with a mean of 3.97 and a standard deviation of .550. Those who strongly agreed that their parents were controlling them was represented by (18.0%) of the respondents while only (4.0%) disagreed. Finally (88.6 %) agreed that their parents' word was final (11.4%) of the

respondents strongly agreed on the same. The mean was 3.71 and a standard deviation of 0.359.

The study also sought to determine the relationship between authoritarian parenting and substance use. Results were shown in Table 4.7:

Table 4.7: Relationship between authoritarian parenting and substance use

Authoritarian parenting		
Substance use	Pearson Correlation	0.37
	Sig. (2-tailed)	**0.03
	N	36

Correlation is significant at the 0.05 level (2-tailed).

The authoritarian parenting style is significant and had a weak positive correlation with the substance use ($r = 0.37$, $p = 0.04$). Authoritarian parenting style significantly influences substance use. Therefore, we reject the null hypothesis and accept the alternative hypothesis which states that authoritarian parenting has a statistically significant influence on substance use among the youth from treatment centers. The more strict, controlling and punitive the parents become, the more likely their children engage in substance use. This concurs with Mathialagan and Teng (2017) who noted that the strength of association between authoritarian and alcohol consumption among college students was weak but had a significant positive relationship.

Responses to the interview questions on how respondents' parents were strict, respondents from the three treatment centers indicated that their parents were very strict in enforcing the rules. Parents words were final hence no negotiation. Majority of the respondents attributed their substance use habit to their parents' strict guidance, criticism, controlling and rigidity. The following are some of the responses from the three treatment centers:

My parents were very strict. My sisters and I were expected to leave the contacts of anyone we were to visit. If you stated to report back home on a certain day and fail, my parents told us to stay there and never returned home.

The rules were more stringent than threats. The latest time to be home was set at six evenings. God forbid if I was caught in the jam no one would understand. Several questions would be asked and you were not allowed to respond because that was termed as being rude. Questions like “why couldn’t you set out early from where you were coming from?” (Sharon, 21 years old, not her real name, from Sober-living rehabilitation center)

I remember my father required me to be home every time. I had no personal choice of friends. I was not supposed to go out without his permission, and if I did, I knew I would certainly be punished. I always desired for freedom, which would later come when I joined the college in 2011. That is when I started taking drugs (Eric, 29 years old, not her real name, Ahadi treatment center)

Stunning warnings were given about bringing friends home. The only thing that was outlined for me was to have my school assignment done, watch television and do some home chores. When I went to college, I did not know how to choose friends and so I landed into the bad company which initiated me into drugs. (Bonny, not his real name, from Wonderpeace rehabilitation center)

Parents used to question my choice of friends. They are required to know those we were walking with while in school and at home. I was refrained from going to certain homes and places. It was like curfew was imposed in some places during certain times of the day (Counselor 1 from Ahadi treatment center)

The respondents indicated that parents’ strictness on their children behavior contributed to their children’s habit of substance use. Stern punishments distanced children from their parents. Parents’ controlling quality made children crave for freedom away from their hostile homes. Warning of bringing friends home affected the positive choice of friends and even parents getting to know their children friends. Some of the respondents also indicated that they indulged into addiction due to lack of knowing how to utilize free time away from home.

4.4.3 Influence of Permissive Parenting Style on Substance Use

The study established the extent to which permissive parenting influenced the substance use among youth from the selected treatment centers in Kiambu County. Table 4.8 below indicates the results as recorded.

Table 4.8. Permissive parenting

Statements	4	3	2	0	Mean	S.D
I am allowed to make my own decision	12.2%	87.8	-	-	3.83	.327
My parents provide a pleasant environment at home	9.0%	89.0%	2.0%	-	3.91	.313
My parents find it hard to punish me	10.0%	86.3%	3.7%	-	3.87	.345
My parents take the role of a friend rather than a parent	9.7%	89.3%	-	-	3.71	.327

n=35(*respondents*)

Key: (4) -Strongly Agree (3) – Agree (2) – Disagree (0) - Strongly disagree.

Findings from Table 4.8 showed that majority 87.8% of the respondents agreed that they were allowed to make their own decision with a standard deviation of .327 and a mean of 3.83. The parents provided a pleasant environment at home as sighted by a majority of the respondents (89.0%) with a mean 3.91 and standard deviation of .313. Majority of the respondents (86.3%) also agreed that their parents found it hard to punish them when they have done a mistake with a standard deviation of .345 and a mean of 3.87. (89.3%) of the respondents agreed that their parents took the role of a friend rather than a parent with a mean of 3.71 and a standard deviation of .327.

The study also sought to determine the relationship between permissive parenting and substance use. Results are shown in Table 4.9

Table 4.9: Relationship between permissive parenting style and substance use

Permissive parenting		
Substance use	Pearson Correlation	0.710
	Sig. (2-tailed)	**0.02
	N	36

Correlation is significant at the 0.05 level (2-tailed).

The study found a strong positive correlation, $r=0.710$ at $p<0.05$ level of significance between substance use and permissive parenting style. The study concluded that

parent's receptiveness and tolerance on children desires has a high impact on substance use. Therefore, we reject the null hypothesis and accept the alternative hypothesis which states that there is a statistically significant relationship between permissive parenting and substance use among youths in selected treatment centers in Kiambu County. While responding to the question on some of the grievous mistakes they committed that never attracted punishments from parents, some respondents from the selected treatment centers indicated that they could go unpunished even after their parents learnt about it. The respondents stated that their addiction and substance use was as a result of excessive freedom of behavior. Frank and Job, not their real names gave experiences on how their parent learnt that they were abusing drugs but never took serious action against the vice.

I withdrew my mother's money from her account using a prepaid Visa Card to buy my friends' alcoholic drinks during my 16th birthday. My mother did not bother questioning me or confront me even upon realizing what I had done. Several times I have come home drunk and no one seemed to bother. Even my mother could occasionally come home drunk escorted by her boyfriend. I think I imitated her and maybe that is why she found it hard to question me. (Frank, 19 years old, not his real name, from Ahadi treatment center)

Another respondent stated:

My father caught me on several occasions taking beer and smoking marijuana at home but has never warned me against it. I used to invite my friends to our home for drinks especially on weekends when parents were away. My parents were never strict in cautioning me against drugs use. Some of the drinks were kept in the fridge (Job, not his real name, from Wonderpeace rehabilitation center)

A counselor from Sober-living rehabilitation center commented:

Some parents understand that their children are involved in substance abuse but instead of correcting them, they protect them from legal consequences. They forget that protecting them is causing more harm than good. Parents should take part in the fight against drug and substance use among youth. This can only be realized through concerted efforts from all stakeholders involved in shaping the lives of the young generation. Many of our clients here have been arrested because of issues to do with substance but they are bailed out by their parents.

Therefore, this trend seems to motivate this negative behavior until children reach a point of no return (Counselor 4).

Another counselor from Ahadi treatment center stated:

We have received reports of parents who take alcoholic drinks at home while their children are watching, some drink with their children and others brewing local liquor at their homes. These parents are setting a bad precedence for their children to emulate. With such behaviors in our society, instilling moral values and virtues to our children will be just a mere wish. I have all the time urged all parents to be role models to their children when they come for family therapy (Counselor 2)

The respondents indicated that excessive freedom to children contributed to their substance use. This is because they had all the time to experiment with anything that came their way. The parents guiding and corrective responsibility is lost since children have the freedom of making their own decisions. The environment exposes children to the risk of substance use.

4.4.4 Influence of Uninvolved Parenting Style on Substance Use

The study established the extent to which uninvolved parenting influenced the substance use among youths from the selected treatment centers in Kiambu County. The results are indicated in table 4.10.

Table 4.10 Uninvolved parenting

Statements	4	3	2	0	Mean	S.D
Little demand is made on my behavior	13.3%	86.7%	-	-	3.96	.341
My parents care less about my social interactions	8.6%	87.4%	4.0%	-	3.89	.308
My parents show no interest in what I do	11.4%	88.6%	-	-	3.73	.343
Has no time for me	9.0%	89.2%	1.8%	-	3.77	.298

n=34(respondents)

Key: (4) -Strongly Agree (3) – Agree (2) – Disagree (0) - Strongly disagree.

It is shown in Table 4.10 that most of the participants (86.7%) had agreed that their parents made little demand for their behavior. This had a standard deviation of .341 and a mean of 3.96. Their parents cared less about their social interactions as considered by a majority of the respondents (87.4%) with a standard deviation of .308 and a mean of 3.89. (88.6%) of the respondents agreed and (11.4%) strongly agreed that their parents showed no interest in what they did with a standard deviation of .343 and a mean of 3.73. (89.2%) of the respondents agreed and (9.0%) strongly agreed that their parent had no time for them with a standard deviation of .298 and a mean of 3.77.

The study also sought to determine the relationship between permissive parenting and substance use. Results were shown in Table 4.11

Table 4.11: Relationship between uninvolved parenting and substance use

Uninvolved parenting		
Substance use	Pearson Correlation	0.785
	Sig. (2-tailed)	**0.01
	N	36

Correlation is significant at the 0.05 level (2-tailed).

Based on the findings; uninvolved parenting and substance use are strongly positively correlated with $r= 0.785$ at $p < 0.05$ level of significance. Therefore, we reject the null hypothesis and accept the alternative hypothesis that states that there is a statistically significant relationship between uninvolved parenting and substance use among youths in treatment centers in Kiambu County. Considering the responses to the question of how often the respondents' parents were available for them, the majority indicated that their parents had no time for them. Most parents came home when we were asleep and left before we woke up. Majority of the respondents attributed their substance use habit to their parents' neglect and absence.

One respondent from Sober-living rehabilitation center testified the plight they went through with their mother after the father deserted family, challenges that pushed him to drug abuse.

I lived with my mother only, my father deserted the family and he is never available to check on us. My mother is a casual laborer and she could hardly find time for us due to her tight work schedule. Being the firstborn, I took the role of my dad into looking after my siblings. This threw me into depression. (Mark 20, not his real name)

Another respondent from Ahadi treatment center stated that

My parents are both drunkards, am brought up by parents who used to brew local liquor and selling it in the neighborhood to earn a living. I started taking liquor while in class six. I really struggled to study through my secondary school level due to unfavorable learning environment. Am glad am recovering from addiction at Ahadi treatment center (Oliver 34, not his real name)

The respondents indicated that neglect by their parents contributed to their substance use. Parents show no interest in their children behavior and social interaction. The environment exposes children to all manner of abuse including substance use. Children learn through observation, especially from their parents and caregivers.

CHAPTER FIVE

DISCUSSIONS, SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the discussion of the findings as per research objectives, a summary of the findings, and conclusions derived from the findings and discussion. The chapter ends with the recommendations as per the objectives and suggestions of areas of further research. The purpose of this research was to investigate the influence of parenting styles on substance use among youths from selected treatment centers in Kiambu County, Kenya.

5.2 Discussions

This section discusses the results done in chapter four as per the study's four objectives.

5.2.1 Influence of Authoritative Parenting Style on Substance Use

The first objective of the study was to establish the influence of authoritative parenting style on substance use among youths from treatment centers in Kiambu County. The findings indicated that the majority of the youth recovering from substance use in the treatment centers lacked authoritative parenting in their up-bringing. Authoritative parenting implies that parents are likely to be closer and more concerned about what their children do. Therefore, children are likely to desist from substance use. This finding corroborated Berge et al., (2016) who found out that parents who discussed with their children were most successful in urging their children to desist from drugs. Results indicated that there was no parental support and control as well as flexibility in communication between youth in treatment centers and their parents.

Lack of parental support was a factor that contributed to adolescent engaging in drug and substance use. The study findings were in corroboration with those from a study

conducted in the United States of America by King et al., (2015) who examined the influence of parenting actions on adolescent substance use at different ages. The study indicated that a lack of constructive parenting behaviors increased the odds of youth who had reported alcohol use and binge drinking across all ages. Additionally, results indicated that there was no significant relationship between authoritative parenting and their children's substance use ($r=0.232$, $p=0.421$). The study found out that the majority of the youths at treatment centers never experienced warm and nurturing from their parents. The study findings showed that there was no open communication between the youth in rehabilitation centers and their parents. This means that the adolescent neither discussed any matters affecting them with their parent, nor their parent concerned about their behavior. The adolescents could not desist themselves from substance use when exposed to a risky environment. The finding was similar to Berge et al., (2016) whose findings indicated that parents who discussed various matters with their children were most successful in urging children to desist from drugs. According to the findings, the youth did not spend good time with their parents, an indication of neglect on part of the parents. Neglected children are at higher risk of engaging in drugs and substance use. The findings are in concurrence with Hock et al., (2016) which concluded that authoritative mothering was related to decreased odds of sons' drug use. Neglectful fathering was linked to increased odds of daughters. The study hypothesis indicated that there was no significant relationship between authoritative parenting and substance use among youths from selected treatment centers in Kiambu County. The study found that parents' concern about their children was imperative in ensuring that children desist from substance use. A parent should get close to their children to discuss their concerns, needs and challenges. The study noted the need for creating a favorable environment with children nurturing, encouragement and open communication as a way of bringing

children close to their parents to discuss a matter of interest. This would go a long way in instilling virtues, morals and values as well and engaging them in constructive activities away from risks of exposure to drugs and substances use. These findings corroborate with the study of Ngamije and Yadufashije (2017) who investigated the parenting behavior and its consequences on drug habits in South Africa. The study found out that authoritative parenting styles were related to the declined risk of drug use, particularly where the addicts were engaged in constructive activities away from risky substance use environments. The study found out that religious belief was crucial in inculcating moral values and virtues in adolescents. This would help in instilling firm religious beliefs which would refrain them from engaging in drug and substance abuse.

5.2.2 Influence of Authoritarian Parenting Style on Substance Use

The second objective of the study was to determine the influence of authoritarian parenting style on substance use among youth from selected treatment centers in Kiambu County in Kenya. In reference to table 4.6, Majority of the youth selected from the three treatment centers in Kiambu County experienced authoritarian parenting. Strict guidance on their children contributed to their substance use habit. This is because adolescent tends to distance themselves from a parent while trying to avoid stern punishment from their parent. As such they are exposed to the risk of engaging in drug and substance use. The study findings concurred with a study done in Uganda which indicated that an authoritarian parenting style where parents exert control while lacking warmth and support was found to increase the risk of adolescent drug and substance use behavior. These findings concur with Peña et al., (2017) who noted that over-controlling mothers were found to be the strongest and most reliable associates of substance use among the Argentine adolescents, irrespective of adolescent substance use, behavior or gender. The findings also concur with the study of Brewer (2017) who indicated that

more positive parenting behaviors and fewer negative parenting behaviors correlated with less substance use and related problems among those at-risk adolescents. However, the findings from the study conducted among the youth recovering from the selected treatment centers in Kiambu County had contrast with the findings from the following studies; A study conducted by Onukwufor and Anwuri (2017) in Nigeria concerning substance use among senior secondary schools students and parenting styles observed that authoritarian parenting was restrictive with no room for negotiation and explanation with their children. The result showed no significant association between authoritarian parenting style and substance use among senior secondary school students. The study notes that the developmental stage among the youth has an influence on their substance use notwithstanding the parental style experienced in their early stages in life. Limited research has been done indicating youths' perceptions of how familial factors influence their substance use (McLaughlin, Campbell, & McColgan, 2016). For this reason, further research on the long-term consequences of parenting methods beyond adolescence, particularly, youths need to be done. Therefore, the study became fundamental to add knowledge on the limited information on the influence of parenting styles on substance use among youths. Additionally, the study findings had contrast with the study by Asimwe (2018) which indicated that an authoritarian parenting style was found to be negative and not significantly related to substance abuse.

The results indicated that there was a-significant relationship between authoritarian parenting and their children's substance use with ($r = 0.37, p = 0.04$). The study found out that majority of the youth at treatment centers underwent forceful and punitive discipline to disobedience from their parents. The study by Mathialagan and Teng (2017) indicates that the children of authoritarian parents appear to be strictly following rules, highly obedient, but lack joy in their lives due to the punitive discipline on

disobedience they get from their parents. The study found out that children brought up in authoritarian parenting become obedient for fear of the consequences of disobedience and not out of their own moral choices. The study by Mathialagan and Teng (2017) indicated a weak but significant positive relationship between authoritarian and alcohol consumption among college students. The study findings showed that the parents were controlling and never condoned any mistake whatsoever. According to the study by Pena et al., (2017), over-controlling parenting predisposed youth to drugs and substance use among the Argentine adolescents. The research found that found out that over-controlling mothers had a strong association with substance use among adolescents. According to the findings, the respondents indicated that they negotiated with their parents and that their parents' word was final. The study hypothesis found a significant relationship between authoritarian parenting and substance use among youth from treatment centers in Kiambu County.

5.2.3 Influence of Permissive Parenting Style on Substance Use

The third objective of the study was to examine the influence of permissive parenting style on substance use among youth from selected treatment centers in Kiambu County in Kenya. According to the findings a majority of the youth selected from the three treatment centers in Kiambu County showed to have experienced permissive parenting. According to the findings, the parents of the youth at the treatment centers did not put in place many stringent rules and regulation in controlling their children behaviors. Excessive freedom of children contributed to their substance use. Parental responsibility is lost since children have the freedom of making their own decisions. This implies that university students were more exposed to drugs and substance use due to more freedom and increased interactions within the institution. The environment exposes them to the risk of substance use. These findings corroborated Roman et al., (2016) who noted that

permissive parents display warmth and fewer directives with less chastisement, and they seem to be more compliant with the needs of their children. This form of parenting lacks structure for children and instead depicts more receptiveness and tolerance with their children's desires without setting appropriate restrictions. Their children end up being exposed to the risk of substance use and often display lack of self-discipline. The study findings also concur with Froiland and Whitney (2015) study on the structural relationship between permissive parenting and alcohol use among college youth aged between 18-23 years. The results showed permissive parenting had an association with high alcohol intake by college students. The study finding was supported by Kalam and Mthembu (2018) study conducted in South Africa concerning an experience of bringing up an adolescent abusing substance. The study reported that over 60% of patients in treatment used alcohol as a primary drug of choice. The study indicated that parenting experiences and adolescent substance use were a neglected topic globally. The study indicated that parents did not keep track of adolescents' drug use habit, one of the contributing factors for increased substance use among adolescents (Kalam & Mthembu, 2018).

According to the results, there was a strong positive relationship between permissive parenting and adolescents 'substance use with ($r=0.710$ at $p<0.05$). The study found out that majority of the youth at treatment centers were allowed by their parents to make their own decisions. The study findings showed that the parents provided a pleasant environment at home. These findings are in corroboration with Bitancourt et al., (2016) who found that permissive mothers were linked with longtime substance abuse among a sample 3891 students in Brazil. Additionally, the study findings were similar to that of Onukwufor & Anwuri, (2017), who established that students of permissive parents

drank more beer and portrayed with substance use disorders due to lack of appropriate restrictions from parents as well as tolerance with adolescents' desires.

According to the findings, the respondents indicated that their parents found it hard to punish them when they made mistakes and took the role of a friend rather than a parent. Berge, Sundell, Öjehagen and Håkansson (2016) found that early initiation of adolescents to drugs exposed them to higher risks of developing substance use disorder with many of them particularly college students experiencing many challenges related to drug and substance use. The study finding was consistent with Froiland and Whitney (2015) who conducted a study in the United States of America on the indirect relation between permissive parenting and alcohol use. The study result showed that permissive parenting had an association with a high intake of alcohol by students. The study hypothesis found a significant relationship between permissive parenting and substance use among youths from selected treatment centers in Kiambu County.

5.2.4 Influence of Uninvolved Parenting Style on Substance Use

The fourth objective of the study was to assess the influence of uninvolved parenting style on substance use among youth from selected treatment centers in Kiambu County in Kenya. In reference to table 4.10, respondents indicated that neglected children tend indulging in drug and substance use. This finding concurs with the study by Mwania and Njagi (2017) in Embu County Kenya which explored on parenting styles as indicators of substance use among public secondary school students. The study showed that parenting styles significantly predict drug abuse among secondary school students with parenting style accounted for up to 64.4% of students' drug use.

Uninvolved parenting has contributed significantly to the drug abuse and substance use among the youth from the selected treatment centers in Kiambu County. These findings are in concurrence with that of Berge et al., (2016) who found out that uninvolved

parenting style was related to worse substance use outcomes across all substances. The study was done in Sweden among 1268 adolescents which indicated 21.7% overall prevalence of the use of substances including alcohol, marijuana and cigarette.

According to the results, there was a strong positive relationship between uninvolved parenting and children's substance use with ($r=0.785$ at $p<0.05$). The study found out that majority of the youth at treatment centers had a parent or parents who did not care about their social interactions. The finding was similar to the study findings by Alhya et al., (2015) on adolescents' attitudes and perceptions concerning drug use among adolescents between 13-18 years. The study indicated that neglected adolescent developed a positive attitude towards drug and substance abuse due to peer pressure and lack of parental care. According to Alhya et al., (2015) parent-adolescent relationship was a significant factor that influences drug use among the adolescent. The study findings showed that parents of the selected youth recovering from the treatment centers in Kiambu County showed little demand made on their children behavior. According to the findings, the respondents indicated that their parents had no time for them and also showed no interest in what they did. The youth recovering from treatment centers had a lot of freedom to do all they could wish to. The adolescent lacked monitoring and supervision from their parents leading them to drug and substance use. This study is consistent with Odukoya et al., (2018) who conducted a cross-sectional survey of 437 school borders in Nigeria. This study found out that unsupervised time of students was significantly associated with drug use. According to the study, the findings, indicate that the youth from the selected treatment centers in Kiambu County were never punished by their parent on disobedience. This had a significant contribution to the youth engaging in substance use. The finding was in corroboration with Brewer (2017)

who found that inconsistent and failure to discipline children and non-parental involvement played a role in adolescent substance use.

Parental guidance was found to be significant in shaping the adolescent's behaviors. In light of this, the study by El Kazdouh et al., (2018) while exploring the students, parents, and teachers' perceptions regarding substance use risks and protective factors among adolescents in treatment centers, noted that parenting style had a significant contribution to the adolescent's risky behavior. Additionally, the study found out that parent's perception and interventional measures had a significant influence in shaping the adolescent risky behavior particularly in early stages of exposure to the risky environment. The study hypothesis found a significant relationship between uninvolved parenting and substance use among youth from selected treatment centers in Kiambu County.

5.3 Summary of Main Findings

This section discusses the summary of the study findings in accordance with the objectives of the study. Both genders were represented and the study indicated that there were more males 28(77.8%) than females 8(22.2 %). This upsurge in the number of males according to Ahadi treatment center, counselor 3 is due to the general exclusion of the boy child in the gender equality agenda in the society. This makes males less protected and more vulnerable to many risks and social evils such as drug abuse. On the other hand, the age distribution of youth recovering from treatment centers in Kiambu County showed that highest percentage of the participants (44.4%) were aged between 24-29 years formed the majority. This, according to the counselor was because a majority of youth background histories indicated absenteeism of parents who were either overseas or divorced since these youths were teenagers. Due to stress and despondency, some tend to indulge in drug and substance use. This assertion is justified

by the fact that the highest (50%) of the respondents lacked parental guidance but found solace amongst peers who led them to substance use to help cope with stress.

Majority of the youth's level of education was (50%) had attained university education. This implies that university students were more exposed to drugs and substance use due to more freedom and increased interactions within the institution. The least were those who had attained primary level of education constituting only (5.6%) This implies that those in the lower level of education had less interaction and exposure to the risk of influence of drug and substance use. In terms of marital status, the study noted that the majority of youth who were recovering from substance use in the selected treatment centers in Kiambu County were single constituting (63.8%). Those that were married constituted (30.6%) while a small percentage of (5.6%) of the youth were separated. Majority of single individuals have fewer family responsibilities hence they are more likely to indulge in substance abuse than their married counterparts. The study indicated that the majority of the youth who were in recovery at the treatment centers had no permanent occupations. Majority of the respondents were students who took part in menial jobs to earn a daily living.

Most of the youth in recovery at the treatment centers indicated that their parents did not show them warm nurturing. While a majority of the youth indicated that they were not involved own decision making, a small proportion of the youth indicated that they made decisions on their own. Most of the youth at the treatment centers noted that their parents were not open to communication with them. However, a section of the youth indicated that their parents engaged in open communication about their challenges. The interviewed counselors indicated that parents' concern about their children played a critical role in developing moral values and that children desist from substance use.

They added that parents should keep track of their children behavior while at home and in school.

The youth at the treatment centers in Kiambu County indicated that their parents advanced forceful and punitive discipline to disobedience. While a majority of the youth indicated that their parents were critical to every effort they made, a section of them indicated that their parents were not. Most of the youth at the treatment centers noted that their parents were controlling and their word was final. However, a small proportion of the youth stated that they had control of their own lives. The interviewed counselors indicated that parents' stern punishment distanced their children from them and making home unfriendly. Children are likely to seek freedom away from home, therefore, exposing themselves to drugs and substance use.

Most of the youth at the treatment centers in Kiambu County indicated that they were allowed to make their own decisions. While a majority of the youth indicated that their parents provided a pleasant environment at home, a small proportion of them did not experience a pleasant environment at their homes. Most of the youth at the treatment centers noted that their parents found it hard to punish them. However, a small proportion of the youth was punished on disobedience. Counselors noted that excessive freedom contributed to adolescent substance use since they have the freedom to make personal decisions.

Most of the youth at the treatment centers in Kiambu County indicated that little demand was made on their behavior. While a majority of the youth indicated that their parents cared less about their social interactions, a small proportion of them stated that their parents cared. Most of the youth at the treatment centers indicated that their parent had no time for them, more so several parents left them when they were a teenager to look

for green pastures overseas. However, a small proportion of the youth testified that their parents made time for them. Counselors noted that neglected children were at higher risk of engaging in drug and substance use than controlled children.

5.4 Conclusions

It was established that parenting styles influenced substance use among youth from selected treatment centers in Kiambu County. The authoritarian parenting style had a positive correlation with substance use. Therefore, the stricter and more punitive the parents become, the more their children are likely to engage in substance use. According to a counselor 4 of Sober-living rehabilitation center, this move is informed by the desire to seek self-satisfaction and freedom perceived to be associated with drug abuse and peer pressure.

Findings showed that authoritative parenting did not directly influence substance use. Substance use had no relationship with warm, nurturing and open communication between children and their parents. According to counsellor 2 of Ahadi treatment center, children substance use was mainly influenced by factors that seek to create rift and distance children from their parents, therefore, exposing them to the risk of exposure to drugs by their peers.

Permissive parenting had a significant influence on substance use to a great extent hence children were more likely to indulge in alcoholism and other illicit drugs if given the freedom to do all they wish by their parents. Counsellor 2 indicated that failure by parents to correct or punish their children amounts to child neglect and a recipe for all manner of social evils including drug abuse among children.

Finally, uninvolved parenting had a strong positive relationship with substance use. According to Counselor 1 of Wonderpeace treatment center, parent-child relationship

influences children attitude positively and reinforces virtues, morals and most importantly positive affirmations on children that help them excel in life. However, uninvolved parenting style parents show no interest in their children social needs and interests.

5.5 Recommendations

The following were recommendations from the study.

- i. Parents should not impose forceful and punitive discipline to the disobedience of their children, but rather make engagement and negotiation to find an amicable solution. Punishment should not be punitive instead it should be corrective.
- ii. Parents should always be available to guide their children, counsel them and help them in making hard decisions in their lives.
- iii. Parents should keep track of their children' social interactions and behavior to ensure they are consistent with the moral virtues and principles accepted in society.
- iv. Communication is crucial in any relationship; hence parents and children should embrace open communication in every engagement and decisions
- v. In light of this, the parents should take this into cognizance in molding their children on the need to desist from drug and substance abuse.

5.6 Areas of Further Research.

Overwhelming pieces of empirical evidence have shown that parenting style play a crucial role in developing child behavior. Therefore, use of the right parenting style will help instill moral values, sense of responsibility and integrity to one's children.

The study suggests the following areas for further research, given the scope and limitations of this study:

- i. The study should be replicated other counties for comparative purposes.
- ii. A longitudinal study should be carried out at least in every County to investigate the influence of parental factors on children's' holistic development.

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APPENDICES

APPENDIX 1: INTRODUCTORY LETTER

Dear Participant,

My name is Hellen Merigoma Gatune pursuing a Master of Arts degree in Counseling Psychology at Africa Nazarene University. I am presently conducting a study on **INFLUENCE OF PARENTING STYLES ON SUBSTANCE USE AMONG YOUTHS FROM TREATMENT CENTERS IN KIAMBU COUNTY, KENYA** as one of the requirements of the course. Therefore, it is a great honor to have your treatment center sampled for the study and you have been selected as a participant. You are generously requested to fill the following questionnaire to the best of your knowledge. You do not need to write your name on the questionnaire. Utmost confidentiality to all data provided will be strictly observed for this research. Thank you for your cooperation in advance.

Yours Faithfully,

HELLEN MERIGOMA GATUNE

CELL PHONE: 0720817148

EMAIL ADDRESS: hellengatune@gmail.com

APPENDIX 2: RESEARCH INSTRUMENTS

DEMOGRAPHIC DATA OF PARTICIPANTS

You are expected to respond to all questions by ticking (✓), commenting or providing information as requested

SECTION A: General Information

1. Gender of participant

Female [] Male []

2. Age of participant

18- 23 years [] 24- 29 years [] 30- 35 years []

3. Level of education

Primary [] Secondary [] Tertiary [] University []

4. Whom do you live with outside school?

Mother [] Father only [] Guardian [] Both parents []

Friends [] Siblings without parents []

5. Marital status

Married [] Single [] Separated [] Divorced []

Widow/Widower []

6. Indicate your occupation.....

SECTION B: Drug Abuse Screening Tool (DAST)

Directions: The subsequent questions concern information about your participation in drugs. Drug abuse refers to (1) excess use of prescribed or “over-the-counter” drugs contrary to directions (2) use of non-medical drugs, for the past one year indicate your answer YES/NO in the space provided.

1. Have you used drugs other than those required for medical reasons? _____

2. Have you abused prescription drugs? ____ ____
3. Do you abuse more than one drug at a time? ____ ____
4. Can you get through the week without using drugs (other than those required for medical reasons)? ____ ____
5. Are you always able to stop using drugs when you want to? ____ ____
6. Do you abuse drugs continuously? ____ ____
7. Do you try to limit your drug use to certain situations? ____ ____
8. Have you had "blackouts" or "flashbacks" as a result of drug use? ____ ____
9. Do you ever feel bad about your drug abuse? ____ ____
10. Does your spouse (or parents) ever complain about your involvement with drugs?
____ ____
11. Do your friends or relatives know or suspect you abuse drugs? ____ ____
12. Has drug abuse ever created problems between you and your spouse? ____ ____
13. Has any family member ever sought help for problems related to your drug use?

14. Have you ever lost friends because of your use of drugs? ____ ____
15. Have you ever neglected your family or missed work because of your use of drugs?
____ ____
16. Have you ever been in trouble at work because of drug abuse? ____ ____
17. Have you ever lost a job because of drug abuse? ____ ____
18. Have you gotten into fights when under the influence of drugs? ____ ____
19. Have you ever been arrested because of unusual behavior while under the influence of drugs? ____ ____
20. Have you ever been arrested for driving while under the influence of drugs? ____

21. Have you engaged in illegal activities to obtain drug? ____
22. Have you ever been arrested for possession of illegal drugs? ____
23. Have you ever experienced withdrawal symptoms as a result of heavy drug intake?

24. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding, etc.)? ____
25. Have you ever gone to anyone for help for a drug problem? ____
26. Have you ever been in a hospital for medical problems related to your drug use?

27. Have you ever been involved in a treatment program specifically related to drug use? ____
28. Have you been treated as an outpatient for problems related to drug abuse? ____

SECTION C: Parenting style four factor questionnaire (PSFFQ)

Instructions

Please indicate your level of agreement or disagreement with the following statements:

SA = Strongly Agree A= Agree D= Disagree SD=Strongly Disagree

Given below is a 4-point scale of measuring perceived parental behaviors characterizing the four parenting styles; Each item is rated based on the Likert scale from strongly disagree to strongly agree (4 scales) and is scored from zero to four

Tick [√] against each statement, about parent or parents, on the choice that suits the behavior of your parenting relationship to you. Attempt to all statements.

STATEMENTS	ABOUT PARENT(S)			
	SD	D	A	SA
0	2	3	4	
Authoritative parenting				
My parents are warm and nurturing				
I am involved in decision making about my life				
My parents are open to communication				
My parents spend time with me				
Authoritarian parenting				
Forceful and punitive discipline to disobedience				
My parents are critical to every effort I make				
My parents are controlling				
Parents' word is final				
Permissive parenting				
I am allowed to make my own decision				
My parents provide a pleasant environment at home				
My parents find it hard to punish me				
My parents take the role of a friend rather than a parent				
Uninvolved parenting				
Little demand is made on my behavior				
My parents care less about my social interactions				
My parents show no interest in what I do				
Has no time for me				

Interview schedule

What are some of the indicators that you had a warm and close relationship with your parents?

How strict were your parents on your movements?

What are some of the grievous mistakes have you ever made that never attracted your parent's punishment?

How often were your parents available for you?

APPENDIX 3: LETTER AUTHORIZING THE RESEARCHER



8th July 2020

RE: TO WHOM IT MAY CONCERN

Hellen Merigoma Gatune (**17M03EMCP008**) is a bonafide student at Africa Nazarene

University. She has finished her course work and has defended her thesis proposal entitled: - ***Influence of parenting styles on substance use among youths from selected treatment Centers in Kiambu County, Kenya.***".

Any assistance accorded to her to facilitate data collection and finish her thesis is highly welcomed.

Rodney Reed, PhD.

DVC Academic & Student Affairs.

APPENDIX 4: RESEARCH PERMIT



THE SCIENCE, TECHNOLOGY AND INNOVATION ACT, 2013

The Grant of Research Licenses is guided by the Science, Technology and Innovation (Research Licensing) Regulations, 2014

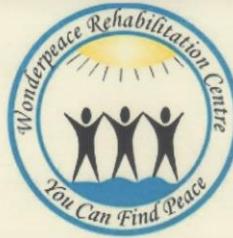
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APPENDIX 5: DATA COLLECTION ACTIVITY





WONDERPEACE REHABILITATION CENTRE

Date: 14/7/2020

To whom ever It May Concern,

Dear Sir/Madam,

RE: HELLEN MERIGOMA GATUNE

This is to confirm that the above individual conducted a Psycho education session on Parenting Styles to our clients. She also collected data from the clients for her study "*Influence of Parenting Styles on Substance use among youths form selected treatment centers in Kiambu County, Kenya*"

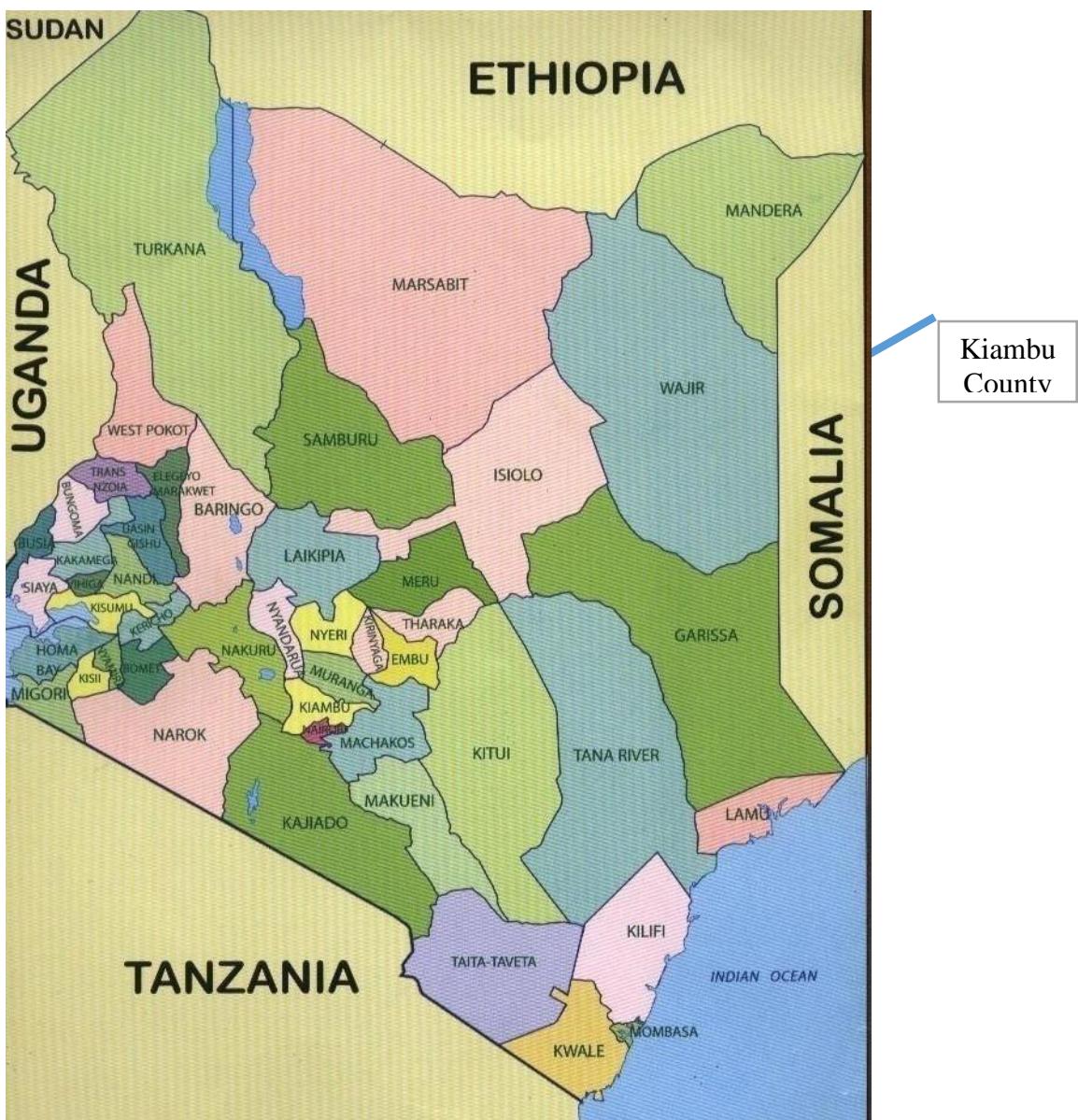
In case of any inquiry about the Student kindly contact the undersigned.

Kenneth K. Njau

Counselor Psychologist (KCPA/1790/12)

CELL: 0725492006

njaukimani@gmail.com

APPENDIX 6: MAP OF KENYA SHOWING KIAMBU COUNTY

APPENDIX 7: MAP OF KIAMBU